

Primitive Phyfick :

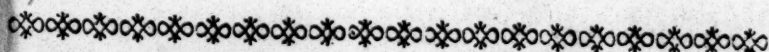
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EASY and NATURAL

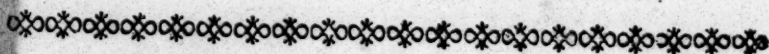
M E T H O D

O F C U R I N G M O S T

D I S E A S E S.



By JOHN WESLEY.



Homo sum : humani nihil a me alienum puto.



The TWELFTH EDITION, corrected and much enlarged.



B R I S T O L :

Printed by WILLIAM PINE, in *Narrow Wine-Street*;
and sold at the New Room, in the *Horse-Fair* : And
at the Foundry, *Upper Moor-fields*, LONDON, 1765.

Primitive Physics

EASY NATURAL

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T H E

P R E F A C E.

W HEN MAN came first out of the Hands of the great Creator, clothed in Body as well as in Soul, with Immortality and Incorruption, there was no Place for Physick, or the Art of Healing. As he knew no Sin, so he knew no Pain, no Sickness, Weakness, or bodily Disorder. The Habitation wherein the angelick Mind, the *Divinæ Particula Auræ* abode, although originally formed out of the Dust of the Earth, was liable to no Decay. It had no Seeds of Corruption or Dissolution within itself. And there was nothing without to injure it: Heaven and Earth and all the Hosts of them were mild, benign and friendly to human Nature. The entire Creation was at Peace with Man, so

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long as Man was at Peace with his Creator. So that well might the Morning Stars sing together, and all the Sons of God shout for Joy.

2. But since Man rebell'd against the Sovereign of Heaven and Earth, how entirely is the Scene changed ! The incorruptible Frame hath put on Corruption, the Immortal has put on Mortality. The Seeds of Weakness and Pain, of Sickness and Death, are now lodged in our inmost Substance : Whence a thousand Disorders continually spring, even without the Aid of external Violence. And how is the Number of these increased, by every Thing round about us ? The Heavens, the Earth, and all Things contained therein, conspire to punish the Rebels against their Creator. The Sun and Moon shed unwholesome Influences from above ; the Earth exhales poisonous Damps from beneath : The Beasts of the Field, the Birds of the Air, the Fishes of the Sea, are in a State of Hostility : The Air itself that surrounds us on every Side, is replete with the Shafts of Death : Yea, the Food

we eat, daily saps the Foundation of the Life, which cannot be sustained without it. So has the LORD of All secured the Execution of his Decree, "*Dust thou art, and unto Dust shalt thou return.*"

3. But can there Nothing be found to lessen those Inconveniences, which cannot be wholly removed? To soften the Evils of Life, and prevent in Part the Sickness and Pain to which we are continually exposed? Without Question there may. One grand Preventive of Pain and Sickness of various Kinds, seems intimated by the great Author of Nature, in the very Sentence that intails Death upon us: "*In the Sweat of thy Face shalt thou eat Bread, 'till thou return to the Ground.*" The Power of Exercise both to preserve and restore Health, is greater than can well be conceived: Especially in those who add Temperance thereto; who if they do not confine themselves altogether to eat either "*Bread or the Herb of the Field,*" (which GOD does not require them to do) yet steadily observe both that Kind and Measure of Food, which Experience shews

to be most friendly to Health and Strength.

4. 'Tis probable, **PHYSICK**, as well as **RELIGION**, was in the first Ages chiefly traditional: Every Father delivering down to his Sons, what he had himself in like Manner received, concerning the Manner of Healing both outward Hurts, and the Diseases incident to each Climate, and the Medicines which were of the greatest Efficacy for the Cure of each Disorder. 'Tis certain, this is the Method wherein the Art of Healing is preserved among the *Americans* to this Day. Their Diseases indeed are exceeding few; nor do they often occur, by Reason of their continual Exercise, and ('till of late, universal) Temperance. But if any is sick, or bit by a Serpent, or torn by a wild Beast, the Fathers immediately tell their Children what Remedy to apply. And 'tis rare, that the Patient suffers long; those Medicines being quick, as well as generally infallible.

5. Hence

5. Hence perhaps it was that the Antients, not only of *Greece* and *Rome*, but even of barbarous Nations, usually assign'd Physick a Divine Original. And indeed it was a natural Thought, That He who had taught it to the very Beasts and Birds, the *Cretan* Stag, the *Egyptian* Ibis, could not be wanting to teach Man,

*Sanctius his Animal, mentisque capacius
alta :*

Yea sometimes, even by those meaner Creatures : For it was easy to infer, " If this will heal that Creature, whose Flesh is nearly of the same Texture with mine, then in a parallel Case it will heal me." The Trial was made. The Cure was wrought. And Experience and Physick grew up together.

6. And has not the Author of Nature taught us the Use of many other Medicines, by what is vulgarly term'd Accident ? Thus one walking some Years since in a Grove of Pines, at a Time when many in the neighbouring Town were afflicted

flicted with a Kind of new Distemper, little Sores in the Inside of the Mouth, a Drop of natural Gum fell from one of the Trees, on the Book which he was reading. This he took up, and thoughtlessly applied it to one of those sore Places. Finding the Pain immediately cease, he applied it to another, which was also presently healed. The same Remedy he afterwards imparted to others, and it did not fail to heal any that applied it. And doubtless numberless Remedies have been thus casually discovered in every Age and Nation.

7. Thus far Physick was wholly founded on Experiment. The *European*, as well as the *American*, said to his Neighbour, Are you sick? Drink the Juice of this Herb, and your Sickness will be at an End. Are you in a burning Heat? Leap into that River, and then sweat 'till you are well. Has the Snake bitten you? Chew and apply that Root, and the Poison will not hurt you. Thus antient Men, having a little Experience, joined with common Sense, and common Humanity,

manity, cured both themselves and their Neighbours, of most of the Distempers to which every Nation was subject.

8. But in Process of Time, Men of a philosophical Turn, were not satisfied with this. They began to enquire, How they might account for these Things? How such Medicines wrought such Effects? They examined the Human Body, and all its Parts; the Nature of the Flesh, Veins, Arteries, Nerves; the Structure of the Brain, Heart, Lungs, Stomach, Bowels; with the Springs of the several Animal Functions. They explored the several Kinds of Animal and Mineral, as well as Vegetable Substances. And hence the whole Order of Physick which had obtained to that Time, came gradually to be inverted. Men of Learning began to set Experience aside; to build Physick upon Hypotheses; to form Theories of Diseases and their Cure, and to substitute these in the Place of Experiments.

9. As Theories increased, simple Medicines were more and more disregarded and

and disused ; 'till, in a Course of Years, the greater Part of them were forgotten, at least in the politer Nations. In the Room of these, Abundance of new Ones were introduced, by reasoning, speculative Men ; and those more and more difficult to be applied, as being more remote from common Observation. Hence Rules for the Application of these, and Medical Books were immensely multiplied ; 'till at length Physick became an abstruse Science, quite out of the Reach of ordinary Men.

10. Physicians now began to be had in Admiration, as Persons who were something more than human. And Profit attended their Employ, as well as Honour ; so that they had now two weighty Reasons for keeping the Bulk of Mankind at a Distance, that they might not pry into the Mysteries of the Profession. To this End, they increased those Difficulties by Design, which began in a Manner by Accident. They filled their Writings with Abundance of Technical Terms, utterly unintelligible to plain Men. They

affected

affected to deliver their Rules, and to reason upon them, in an abstruse and philosophical Manner. They represented the critical Knowledge of Anatomy, Natural Philosophy (and what not? Some of them insisting on that of Astronomy and Astrology too) as necessarily previous to the understanding the Art of Healing. Those who understood only, How to restore the Sick to Health, they branded with the Name of Empiricks. They introduced into Practice, Abundance of compound Medicines, consisting of so many Ingredients, that it was scarce possible for common People to know which it was that wrought a Cure: Abundance of Exoticks, neither the Nature nor Names of which their own Countrymen understood: Of Chymicals, such as they neither had Skill, nor Fortune, nor Time to prepare: Yea, and of dangerous Ones, such as they could not use, without hazarding Life, but by the Advice of a Physician. And thus both their Honour and Gain were secured; a vast Majority of Mankind being utterly cut off from helping either themselves or their Neighbours, or once daring to attempt it.

11. Yet

11. Yet there have not been wanting from Time to Time, some Lovers of Mankind, who have endeavoured (even contrary to their own Interest) to reduce Physick to its antient Standard: Who have laboured to explode out of it all Hypotheses, and fine-spun Theories, and to make it a plain intelligible Thing, as it was in the Beginning: Having no more Mystery in it than this, "Such a Medicine removes such a Pain." These have demonstrably shewn, That neither the Knowledge of Astrology, Astronomy, Natural Philosophy, nor even Anatomy itself, is absolutely necessary to the quick and effectual Cure of most Diseases incident to Human Bodies: Nor yet any Chymical, or Exotick, or Compound Medicine, but a single Plant or Fruit duly applied. So that every Man of common Sense (unless in some rare Cases) may prescribe either to himself or his Neighbour; and may be very secure from doing Harm, even where he can do no Good.

12. Even in the last Age there was something of this Kind done, particularly by

by the great and good Dr. *Sydenham*: And in the present, by his Pupil Dr. *Dover*, who has pointed out simple Medicines for many Diseases. And some such may be found in the Writings of the learned and ingenious Dr. *Cheyne*: Who doubtless would have communicated many more to the World, but for the melancholly Reason he gave one of his Friends, that prest him with some Passages in his Works, which too much countenanced the modern Practice, "O Sir, We must do something to oblige the Faculty, or they will tear us in Pieces."

13. Without any Regard to this, without any Concern about the obliging or disobliging any Man living, a mean Hand has made here some little Attempt, toward a plain and easy Way of curing most Diseases. I have only consulted herein, Experience, common Sense, and the common Interest of Mankind. And supposing they can be cured this easy Way, who would desire to use any other? Who would not wish to have a Physician always in his House, and one that attends

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without Fee or Reward? To be able (unless in some few complicated Cases) to prescribe to his Family, as well as himself?

14. If it be said, But what Need is there of such an Attempt? I answer, The greatest that can possibly be conceived. Is it not needful in the highest Degree, to rescue Men from the Jaws of Destruction? From wasting their Fortunes as Thousands have done, and continue to do daily? From pining away in Sickness and Pain, either through the Ignorance or Knavery of Physicians? Yea, and many Times throwing away their Lives, after their Health, and Time, and Substance?

Is it enquired, But are there not Books enough already, on every Part of the Art of Medicine? Yes, too many, ten Times over, considering how little to the Purpose the far greater Part of them speak. But beside this, they are too dear for poor Men to buy, and too hard for plain Men to understand. Do you say, But there are enough of these Collections of Receipts. Where? I have not seen One yet, either

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in our own or any other Tongue, which contains only safe and cheap and easy Medicines. In all that have yet fallen into my Hands, I find many dear and many far-fetch'd Medicines: Besides many of so dangerous a Kind, as a prudent Man would never meddle with. And against the greater Part of those Medicines there is a farther Objection: They consist of too many Ingredients. The common Method of compounding and decomposing Medicines, can never be reconciled to common Sense. Experience shews, That one Thing will cure most Disorders, at least as well as twenty put together. Then why do you add the other nineteen? Only to swell the Apothecary's Bill: Nay, possibly, on Purpose to prolong the Distemper, that the Doctor and he may divide the Spoil.

But admitting there is some Quality in the Medicine proposed, which has Need to be corrected: Will not one Thing correct it as well as twenty? It is probable, much better. And if not, there is Sufficiency of other Medicines, which need no such Correction.

How often, by thus compounding Medicines of opposite Qualities, is the Virtue of both utterly destroyed? Nay, how often do those joined together destroy Life which single might have preserved it. This occasioned that Caution of the great *Boerhaave*, against mixing Things without evident Necessity, and without full Proof of the Effect they will produce when joined together, as well as of that they produced when asunder: Seeing (as he observes) several Things, which separately taken, are safe and powerful Medicines, when compounded not only lose their former Powers, but commence a strong and deadly Poison.

15. As to the Manner of using the Medicines here set down, I should advise as soon as you know your Distemper, (which is very easy, unless in a Complication of Disorders, and then you would do well to apply to a Physician that fears God) First, Use the first of the Remedies for that Disease which occurs in the ensuing Collection; (unless some other of them be easier to be had, and then it may do
just

ust as well.) Secondly, After a competent Time, if it takes no Effect, use the second, the third, and so on. I have purposely set down (in most Cases) several Remedies for each Disorder; not only because All are not equally easy to be procured at all Times and in all Places: But likewise because the Medicine which cures one Man, will not always cure another of the same Distemper. Nor will it cure the same Man at all Times. Therefore it was necessary to have a Variety. However, I have subjoin'd the Letter *I.* to those Medicines, which are said to be infallible.—Thirdly, Observe all the Time the greatest Exactness in your Regimen, or Manner of Living. Abstain from all mixt, all high-season'd Food. Use plain Diet, easy of Digestion: And this as sparingly as you can, consistent with Ease and Strength. Drink only Water, if it agrees with your Stomach; If not, good clear Small-beer. Use as much Exercise daily, in the open Air, as you can without Weariness. Sup at Six or Seven on the lightest Food: Go to Bed early, and rise betimes. To persevere with Steadiness

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ness in this Course, is often more than half the Cure. Above all, add to the rest, (for it is not Labour lost) that old, unfashionable Medicine, PRAYER. And have Faith in GOD, who "*killeth and maketh alive, who bringeth down to the Grave and bringeth up.*"

16. For the Sake of those who desire, through the Blessing of GOD, to retain the Health which they have recovered, I have added a few plain easy Rules, chiefly transcribed from Dr. Cheyne.

I. 1. The Air we breathe is of great Consequence to our Health. Those who have been long abroad in Easterly or Northerly Winds, should drink some thin and warm Liquor going to Bed; or a Draught of Toast and Water.

2. Tender People should have those who lie with them, or are much about them, sound, sweet and healthy.

3. Every one that would preserve Health, should be as clean and sweet as possible in their Houses, Cloaths and Furniture.

II. 1. The

II. 1. The great Rule of Eating and Drinking is, To suit the Quality and Quantity of the Food to the Strength of our Digestion; to take always such a Sort and such a Measure of Food, as fits light and easy on the Stomach.

2. All pickled or smoaked or salted Food and all high-season'd is unwholsome.

3. Nothing conduces more to Health, than Abstinence and plain Food with due Labour.

4. For studious Persons, about eight Ounces of Animal Food, and twelve of Vegetable in twenty-four Hours is sufficient.

5. Water is the wholsomest of all Drinks; quickens the Appetite and strengthens the Digestion most.

6. Strong, and more especially spirituous Liquors, are a certain though slow Poison.

7. Experience shews, there is no Manner of Danger, in leaving them off all at once.

8. Strong

8. Strong Liquors do not prevent the Mischiefs of a Surfeit, nor carry it off so safely as Water.

9. Malt Liquors (except clear Small beer of a due Age) are exceeding hurtful to tender Persons.

10. Coffee and Tea are extreamely hurtful to Persons who have weak Nerves.

III. 1. Tender Persons should eat very light Suppers; and that two or three Hours before going to Bed.

2. They ought constantly to go to Bed about Nine, and rise at Four or Five.

IV. 1. A due Degree of Exercise is indispensably necessary to Health and long Life.

2. Walking is the best Exercise for those who are able to bear it, Riding for those who are not. The open Air, when the Weather is fair, contributes much to the Benefit of Exercise.

3. We

3. We may strengthen any weak Part of the Body by constant Exercise. Thus the Lungs may be strengthened by loud speaking, or walking up an easy Ascent: The Digestion, and the Nerves by Riding: The Arms or Hams by strongly rubbing them daily.

4. The Studious ought to have stated Times for Exercise, at least two or three Hours a Day: The one half of this before Dinner, the other before going to Bed.

5. They should frequently shave, and frequently wash their Feet.

6. Those who read or write much, should learn to do it standing; otherwise it will impair their Health.

7. The fewer Cloaths any one uses, by Day or Night, the hardier he will be.

8. Exercise, first, should be always on an empty Stomach; secondly, should never be continued to Weariness; thirdly, after it, we should take Care to cool by Degrees: Otherwise we shall catch Cold.

9. The

9. The Flesh-brush is a most useful Exercise, especially to strengthen any Part that is weak.

10. Cold-bathing is of great Advantage to Health. It prevents Abundance of Diseases. It promotes Perspiration, helps the Circulation of the Blood, and prevents the Danger of catching Cold. Tender People should pour Water upon the Head before they go in, and walk in swiftly. To jump in with the Head foremost, is too great a Shock to Nature.

V. 1. Costiveness cannot long consist with Health. Therefore Care should be taken to remove it at the Beginning: And when it is removed, to prevent its Return, by soft, cool, opening Diet.

2. Obstructed Perspiration (vulgarly called catching Cold) is one great Source of Diseases. Whenever there appears the least Sign of this, let it be removed by gentle Sweats.

VI. 1. The Passions have a greater Influence on Health than most People are aware of.

2. All

2. All violent and sudden Passions dispose to, or actually throw People into acute Diseases.

3. The slow and lasting Passions, such as Grief and hopeless Love, bring on chronical Diseases.

4. 'Till the Passion which caused the Disease is calm'd, Medicine is applied in vain.

5. The Love of GOD, as it is the sovereign Remedy of all Miseries, so in particular it effectually prevents all the bodily Disorders the Passions introduce, by keeping the Passions themselves within due Bounds. And by the unspeakable Joy and perfect Calm, Serenity and Tranquility it gives the Mind, it becomes the most powerful of all the Means of Health and long Life.

LONDON, *June 11,*

1747.

P O S T-



POSTSCRIPT.

1. **I**T was a great Surprise to the Editor of the following Collection, That there was so swift and large a Demand for it; that three Impressions were called for in four or five Years; and that it was not only re-published by the Booksellers of a neighbouring Nation, but also inserted by Parts in their publick Papers, and so propagated through the whole Kingdom. This encouraged him carefully to revise the whole, and to publish it again, with several Alterations, which it is hoped may make it of greater Use to those who love common Sense and common Honesty.

2. Those Alterations are still in Pursuance of my first Design, To set down cheap, safe, and easy Medicines; easy to be known, easy to be procured, and easy to be applied by plain, unlettered Men. Accordingly, I have omitted a considerable Number, which, tho' cheap

cheap and safe, were not so common or well known; and have added almost an equal Number, to which that Objection cannot be made: Which are not only of small Price, and extremely safe, but likewise easily to be found, if not in every House or Yard, yet in every Town, and almost every Village throughout the Kingdom.

3. It is because they are not safe, but extremely dangerous, that I have omitted (together with Antimony) the four Herculean Medicines, Opium,* the Bark,* Steel,* and most of the Preparations of Quicksilver. Herculean indeed! Far too strong for common Men to grapple with. How many fatal Effects have these produced, even in the Hands of no ordinary Physicians? With regard to four of these, the Instances are glaring and undeniable. And whereas Quicksilver, the fifth, is in its native Form, as innocent as Bread or Water, has not the Art been discovered, so to prepare it, as to make it the most deadly of all Poisons? These, Physicians have justly termed edged Tools. But they have not yet taught them to wound at a Distance: And honest Men are under no Necessity of touching them, or coming within their Reach.

4. Instead of these, I have once more ventured to recommend to Men of plain unbiassed
C Reason,

* Except in one Instance of each.

Reason, such Remedies as Air, Water, Milk, Whey, Honey, Treacle, Salt, Vinegar, and common English Herbs, with a few foreign Medicines, almost equally cheap, safe and common. And this I have done on that Principle, whereby I desire to be governed in all my Actions, "Whatsoever ye would that Men should do unto you, the same do unto them."

5. At the Request of many Persons, I have likewise added plain Definitions of most Distempers; not indeed accurate or philosophical Definitions, but such as are suited to Men of ordinary Capacities, and as may just enable them, in common, simple Cases, to distinguish one Disease from another. In uncommon or complicated Diseases, or where Life is more immediately in Danger, I again advise every Man without Delay to apply to a Physician that fears God.

BRISTOL, Oct. 16, 1755.

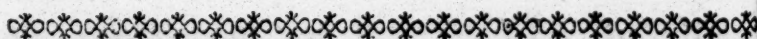
LONDON, Nov. 10, 1760.

DURING the Observation and Experience of more than five Years, which have passed since the last Impression of this Tract, I have had many Opportunities of trying the Virtues of the ensuing Remedies. And I have now added the Word *Tried* to those, which I have found to be of the greatest Efficacy. I believe many others to be of equal Virtue: But it has not lain in my Way to make the Trial.

In this Course of Time I have likewise had Occasion to collect several other Remedies, tried either by myself or others, which are inserted under their proper Heads. Some of these I have found to be of uncommon Virtue, equal to any of those which were before published: And one, I must aver, from personal Knowledge, grounded on a thousand Experiments, to be far superior to all the other Medicines I have known; I mean, Electricity. I cannot but intreat all those who are well-wishers to Mankind, to make full Proof of this. Certainly it comes the nearest an Universal Medicine, of any yet known in the World.

One grand Advantage which most of these Medicines have above those commonly used is this. You may be sure of having them good in
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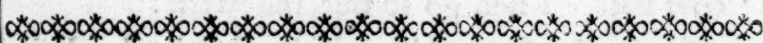
their Kind; pure, genuine, unsophisticated.
 But who can be sure of this, when the Medicines he uses are compounded by an Apothecary? Perhaps he has not the Drug prescribed by the Physician, and so puts in its Place "what will do as well." Perhaps he has it; but it is stale and perished: Yet "you would not have him throw it away. Indeed he cannot afford it." Perhaps he cannot afford to make up the Medicine as the Dispensatory directs, and sell it at the common Price. So he puts in cheaper Ingredients: And you take neither you nor your Physician knows what! How many Inconveniences must this occasion? How many Constitutions are ruined hereby? How many valuable Lives are lost? Whereas all these Inconveniences may be prevented, by a little Care and common Sense, in the Use of those plain simple Remedies, which are here collected.





A

COLLECTION OF RECEIPTS.



1. *Abortion, (to prevent).*

1. **U**SE daily a Decoction of *Lignum Guaiacum* :
2. Or, in a sanguine Habit, let Blood.

2. *For an Ague.**

3. Go into the *Cold Bath* just before the Cold Fit :
4. Or, take a Handful of *Groundsell*, shred it small, put it into a Paper Bag, four Inches square, pricking that Side which is to be next the Skin full of Holes. Cover this with a thin Linen,

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* An *Ague* is, An Intermittent Fever, each Fit of which is preceded by a cold Shivering and goes off in a Sweat.

and wear it on the Pit of the Stomach, renewing it two Hours before the Fit :—Tried.

5. Or, apply a Handful of *Yarrow* in like Manner :

6. Or, sliced Roots of *Water-Lillies* :—Tried.

7. Or, a large *Onion* slit :

8. Or, boil *Yarrow* in new Milk, 'till it is tender enough to spread as a Plaister. An Hour before the cold Fit, apply this to the Wrists, and let it be on 'till the hot Fit is over. If another Fit comes, use a fresh Plaister : This often cures a *Quartan* :

9. Or, drink a Quart of *cold Water*, just before the cold Fit. Then go to Bed and sweat :

10. Or, make six middling Pills of *Cobwebs*. Take one a little before the cold Fit : Two a little before the next Fit : The other three, if Need be, a little before the third Fit. I never knew this fail :

11. Or, two Tea-spoonfuls of *Sal Prunellæ* an Hour before the Fit. It commonly cures in thrice taking :

12. Or, a Tea-spoonful of *Spirits of Hartshorn*, in a Glass of Water :

13. Or, a large Spoonful of *Brimstone* powdered, in a Cup of hot White Wine. Then lie down in Bed and sweat :

14. Or, eat a *Lemon*, Rind and all :

15. Or, drink a Pint of Decoction of *Camomile*, sweeten'd with Treacle. Take it warm in Bed, and sweat two Hours.

✍ It is proper to take a gentle Vomit, and sometimes a Purge, before you use any of these Medicines. If a Vomit

a Vomit is taken two Hours before the Fit is expected, it generally prevents that Fit, and sometimes cures an Ague: Especially in Children.—It is also proper to repeat the Medicine (whatever it be) about a Week after, in order to prevent a Relapse. Do not take any Purge soon after.

3. A Tertian Ague.*

16. Is often cured by taking a Purge one Day, and the next, bleeding in the Beginning of the Fit:
17. Or, boil a Handful of Ribwort in Whey. Drink this warm an Hour before the Fit comes, and lie down and sweat:
18. Or, a Tea-spoonful of Salt of Tartar in Spring Water. This also cures double Tertians, triple Quartans, long lasting Fevers, and most Diseases rising from Obstructions: Especially if Sena be premised twice or thrice.
19. Or, before, yea in the midst of the Fit, take twenty Drops of Spirit of Sulphur, in a Pint of cold Water:
20. Or, after Purging, Vomiting or Bleeding, take a Dram of Treacle in Plantane Water, three Mornings:
21. Or, apply to each Wrist, a Plaister of Treacle and Soot:—Tried.
22. Or, use the Cold Bath. (Unless you are of an advanced Age, or extremely weak.) But when you use this, on any Account whatever, it is proper,

I. To

* That is, An Ague which returns every other Day.—In this use light and sparing Diet on the Day between.

1. To bleed or purge, before you begin :
2. To go in cool ; to immerge at once, but no Head foremost ; to stay in only two or three Minutes, (or less, at first) :
3. Never to bathe on a full Stomach :
4. To bathe twice or thrice a Week at least 'till you have bathed nine or ten Times :
5. To sweat immediately after it (going to Bed in Palsies, Rickets, and all Diseases wherein the Nerves are obstructed :
6. You may use yourself to it, without any Danger, by beginning in *May*, and at first just plunging in, and coming out immediately. But many have begun in Winter, without any Inconvenience.

4. *A Double Tertian.*

23. Take before the Fit, (after a Purge or two) three Ounces of *Cichory-Water*, half a Dram of *Salt of Wormwood*, and fifteen Drops of *Spirit of Sulphur* :
24. To perfect the Cure, on the Fourth Day after you miss the Fit, take two Drams of *Senna* half a Dram of *Salt of Tartar*, infused all Night in four Ounces of *Cichory-Water*. Strain it and drink it.

5. *A Quartan Ague.**

25. Apply to the Suture of the Head, when the

* That is, An *Ague* which misses two Days, coming on *Monday* (suppose) and again on *Thursday*.

Fit is coming, *Wall July Flowers*, beating together Leaves and Flowers with a little Salt. Keep it on 'till the hot Fit is over. Repeat this, if Need be.

26. Use *strong Exercise*, (as Riding or Walking, as far as you can bear it) an Hour or two before the Fit. If possible, continue it 'till the Fit begins. This alone will frequently cure:—Tried.
27. Or, apply to the Wrists a Plaister of *Turpentine*:
28. Or, of bruised *Garlick* :
29. Or, of bruised *Pepper*, mixt with *Treacle* :
30. Or, apply *Oil of Turpentine* to the small of the Back, before the Fit.
31. For a *Tertian* or *Quartan*, vomit an Hour after the cold Fit begins. Then go to Bed, and continue a large Sweat by *Lemonade*, (that is, Lemon, Sugar and Water) for six or eight Hours. This usually cures in three or four Times : If it does not, use the *Cold Bath* between the Fit.
32. Or, drink every Morning a Gill of White Wine, wherein half a sliced *Sevil Orange* is boiled :
33. Or, take for seven Mornings, an Infusion of *Sena*, with a Tea-spoonful of *Cream of Tartar* :
34. Or, take for ten, twelve or fourteen Mornings, half a Pint of Water, in which half an Ounce of *Sena*, and a Dram of *Salt of Tartar* have been infused twelve Hours :
35. Or, take ten Grains of powder'd *Saffron* before the Fit, in a Glass of White Wine.
36. Or, take *Sugar Candy*, three Drams, *Ginger*, two Drams, *Camphire*, one Dram. Mix them into

into a Powder, and take a Dram in warm Water.

6. *St. Anthony's Fire.* †

37. Take a Glas of *Tar-Water* warm, in Bed, every Hour, washing the Part with the same.

☞ *Tar-Water is made thus—Put a Gallon of cold Water to a Quart of Norway Tar. Stir them together with a flat Stick for five or six Minutes. After it has stood cover'd for three Days, pour off the Water clear, bottle and cork it.*

38. Or, drink just so much *Sea-Water* as does not vomit or purge, every Morning for seven Days: This is the proper Measure, in whatever Case it is taken. It seldom fails.

39. Or, take a Decoction of *Elder-Leaves*, as a Sweat.

40. Or, of *wild Thyme*, applying to the Part a Cloth dipt in *Lime-Water*, mixt with a little camphorated Spirits of Wine.

☞ *Lime-Water is made thus.—Infuse a Pound of good quick Lime, in six Quarts of Spring Water for twenty-four Hours. Decant and keep it for Use.*

41. Or, take two or three gentle Purges. No acute Fever bears repeated Purges better than this, especially when it affects the Head:

42. Or,

† *St. Anthony's Fire* is a Fever attended with a red and painful Swelling, full of Pimples, which afterwards turn into small Blisters, on the Face or some other Part of the Body. The sooner the Eruption is, the less Danger. —Let your Diet be only *Water Gruel*, or *Barley Broth*, with roasted Apples.

42. Or, (using the Internal Medicine at the same Time) apply a Plaister of *Venice Treacle* :
43. Or, wash it with Water wherein Bran is boiled :
44. Or, boil a Handful of *Sage*, two Handfuls of *Elder-Leaves* (or *Bark*) and an Ounce of *Allum* in two Quarts of Forge Water, to a Pint. Anoint with this every Night.

7 . *The Apoplexy*.*

45. To prevent, use the *Cold Bath*, and drink only Water.
46. In the Fit, put a Handful of *Salt* into a Pint of cold Water, and if possible, pour it down the Throat of the Patient. He will immediately come to himself. So will one who seems dead by a Fall :
47. Or, fill the Mouth with *Salt* :
48. Or, blow Powder of *White Hellebore* up the Nose, and fix a *Cupping Glass*, without scarifying, to the Nape of the Neck, and another to each Shoulder. But send for a good Physician immediately :
49. If the Fit be soon after a Meal, do not bleed, but vomit.
50. Rub the Head, Feet, and Hands strongly, and let two strong Men carry the Patient upright, backward and forward about the Room.
51. A *Seton* in the Neck, with low Diet, has often prevented a Relapse.

8. *Canine*

* An *Apoplexy* is, A total Loss of all Sense, and voluntary Motion, commonly attended with a strong Pulse, hard Breathing and Snorting.

8. *Canine Appetite*.*

52. "If it be without Vomiting, is often cured by a small Bit of Bread dipt in Wine, and applied to the Nostrils." Dr. Scomberg.

9. *The Asthma*. ||

53. Take a Pint of *cold Water* every Night, as you lie down in Bed :
54. Or, a Pint of *cold Water* every Morning *washing* the Head therein immediately after, and using the *Cold Bath* once a Fortnight :
55. Or, use Water wherein sliced *Liquorice* steeped, as common Drink :
56. Or, half a Pint of *Tar Water* twice a Day :
57. Or, drink *Sea Water* every Morning :
58. Or, live a Fortnight on boiled *Carrots* only. It seldom fails :
59. Or, take an Ounce of *Nettle-juice*, mixt with clarified *Honey*, every Night and Morning :
60. Or, take a Spoonful of *Quicksilver* every Morning, and a Spoonful of *Aqua Sulphurata*, in large Glafs of Spring-Water at Five in the Evening, and at Bed-time, 'till you are well-Tried.
61. For present Relief, vomit with a Quart or more of *warm Water*. The more you drink of it the better.
- ☞ *Do this whenever you find any Motion to vomit, and take Care always to keep your Body open.*

10. *A D*

* An insatiable Desire of Eating.

|| An *Asthma* is a Difficulty of Breathing, from a Disorder in the Lungs. In the common (or moist) *Asthma*, the Patient spits much

10. *A Dry or Convulsive Asthma.*

62. Juice of *Radishes* relieves much ; so does
63. A Cup of strong *Coffee* :
64. Or, *Garlick*, either raw or preserved, or in Syrup :
65. Or, Tea made with *Hyssop*, or *Ground-Ivy*, or *Daisy-Flowers* and *Liquorice* :
66. Or, drink a Pint of *new Milk* Morning and Evening:—This has cured in an inveterate *Asthma*.
67. Use the *Cold Bath* thrice a Week :
68. Or, beat fine *Saffron* small, and take eight or ten Grains every Night :
69. Or, dry and powder a *Toad*. Make it into small Pills, and take one every Hour 'till the Convulsions cease.
70. In any *Asthma*, the best Drink is *Apple-Water*.

11. *To cure Baldness.*

71. Rub the Part Morning and Evening, with *Onions*, 'till it is red ; and rub it afterwards with *Honey*.
72. *Bleeding at the Nose (to prevent.)*
73. Drink *Whey* largely every Morning, and eat *Raisins* much.
74. To cure it, apply to the Neck behind and on each Side, a Cloth dipt in *cold Water* :

D

74. Or,

74. Or, wash the Temples, Nose and Neck with *Vinegar* :
 75. Or, snuff up *Vinegar* and *Water* :
 76. Or, chew *Nettle Root*, spitting out the Juice :
 77. Or, hold a *red-hot Poker* under the Nose :
 78. Or, steep a *Linen Rag* in *sharp Vinegar*, burn it, and blow it up the Nose with a Quill.
 79. In a violent Case, go into a Pond or River.—
 Tried.

13. *Bleeding of a Wound.*

80. Make tight *Ligatures* on the Arms :
 81. Or, apply Tops of *Nettles* bruised :
 82. Or, Leaves of *All-heal* bruised : *I.*
 83. Or, spread the *Ashes* of a Linen Cloth thick on another Linen Cloth, and apply it :
 84. Or, strew on it the *Ashes* of a Linen Rag, dipped in *sharp Vinegar* and burnt :
 85. Or, take ripe *Puff-Balls*. Break them wearily and save the Powder. Strew this on the Wound and bind it on. *I.*—This will stop the Bleeding of an amputated Limb without any Cautey.

14. *Spitting Blood.*

86. Take half a Pint of stew'd *Prunes*, at lying down, for two or three Nights : Tried.
 87. Or, a Glass of Decoction of *Onions* :
 88. Or, four Spoonfuls of Juice of *Nettles* every Morning; and a large Cup of Decoction of *Nettles* at Night, for a Week: Tried.
 89. Or

- with 89. Or, take frequently a Spoonful of the Juice of
Nettles and *Plantane* Leaves, mixt and sweetned
 with *Sugar Candy* :
- ice: 90. Or, three Spoonfuls of *Sage-juice* in a little
Honey. This presently stops either spitting or
 burn vomiting Blood: Tried.
91. Or, half a Tea-spoonful of *Barbadoes Tar* on
 a Lump of Loaf Sugar at Night. It commonly
 cures at once.

15. Vomiting Blood.

92. Take three Spoonfuls of *Sage juice* in *Honey* :
93. Or, two Spoonfuls of *Nettle-juice*.— This
 also dissolves Blood coagulated in the Stomach :)
 Tried.
- thick 94. Or, one Spoonful of the Juice of *Quinces* :
- , dip 95. Or, a Quarter of a Pint of Decoction of *Net-*
tles and *Plantane* two or three Times a Day.

16. To resolve coagulated Blood.

96. Bind on the Part for some Hours a Paste made
 of *Black Soap*, and *Crumbs of white Bread* :
97. Or, grated Root of *Burdock* spread on a Rag :
 Renew this twice a Day.

17. Boils.

98. Apply a little *Venice Turpentine* :
- ever 99. Or, a Plaister of *Honey* and *Wheat-flower* :
- ion 100. Or, of *Figs* :

D 2

101. Or,

9. Or

101. Or, a little *Saffron* in a white Bread Poultis.—
'Tis proper to purge also.

18. *Hard Breasts.*

102. Apply *Turnips roasted* 'till soft, then mash'd
and mixt with a little *Oil of Roses*. Change this
twice a Day, keeping the Breast very warm with
Flannel.

19. *Sore Breasts and swell'd.*

103. Boil a Handful of *Camomile* and as much
Mallows in Milk and Water. Foment with it
between two Flannels as hot as can be borne
every twelve Hours. It also dissolves any Knob
or Swelling in any Part.

20. *A Bruise.*

104. Immediately apply *Treacle* spread on brown
Paper: Tried.
105. Or, *clarified Honey*:
106. Or rub it with one Spoonful of *Oil of Turpen-*
tine and two of *Neats-foot Oil*:
107. Or, apply a Plaister of chopt *Parsley* mixt
with Butter:
108. Or, a Fomentation of *Verjuice* and *Camomile*
Flowers.

21. *To prevent Swelling from a Bruise.*

109. Immediately apply a Cloth, five or six times
doubled, dipt in *cold Water*, and new dipt when
it grows warm. Tried.

22. To

22. *To cure a Swelling from a Bruise.*

110. Foment it half an Hour, Morning and Evening, with Cloths dipt in *Water*, as hot as you can bear:
111. Or, apply *Sea-weed*.

23. *A Burn or Scald.*

112. Immediately plunge the Part into *cold Water*. Keep it in an Hour, if not well before. Perhaps for four or five Hours: Tried.
113. Or, If the Part cannot be dipt, apply a Cloth four Times doubled, dipt in *cold Water*, changing it when it grows warm:
114. Or, apply a *bruised Onion*:
115. Or, Tincture of *Myrrh*:
116. Or, *Oil* and *Parsley* stamp together:
117. Or, apply *Oil*, and strew on it powder'd *Ginger*.

24. *A deep Burn or Scald.*

118. Apply black *Varnish* with a Feather 'till it is well:
119. Or, inner Rind of *Elder* well mixt with fresh Butter. When this is bound on with a Rag, plunge the Part into cold Water. This will suspend the Pain 'till the Medicine heals.

D 3

25. *A Can-*

25. *A Cancer in the Breast, **

120. Of thirteen Years was cured by frequently applying *Red Poppy-Water*, *Plantane* and *Rose-Water*, mixt with *Honey of Roses*. Afterwards the Waters used alone perfected the Cure.

121. Use the *Cold Bath*. (This has cured many.) This cured Mrs. Bates of *Leicestershire*, of a Cancer in her Breast, a Consumption, a Sciatica, and Rheumatism, which she had near twenty Years.—She bathed daily for a Month, and drank only Water.

☞ Generally where Cold Bathing is necessary to cure any Disease, Water-drinking is so, to prevent a Relapse.

122. If it be not broke, apply a Piece of Sheet-lead beat very thin, and pricked full of Pin-holes, for Days or Weeks, to the whole Breast.—Purges should be added every third or fourth Day :

123. Or, Rub the whole Breast Morning and Evening with *Spirits of Hartshorn* :

124. Or, take a mellow *Apple*, cut off the Top, take out the Core, fill the Hole with *Hogs-grease*, then cover it with the Top, and roast the Apple thoroughly, take off the Paring, beat the Pap well, spread it thick on Linen, and lay it warm on the Sore, putting a Bladder over it.—Change this every twelve or twenty-four Hours :

125. Or, take *Horse-Spurs* and dry them by the Fire,

* A Cancer is an hard, round, uneven, painful Swelling, of a blackish or leaden Colour, the Veins round which seem ready to burst. It comes commonly at first with a Swelling about as big as a Pea, which does not at first give much Pain, nor change the Colour of the Skin.

Fire, 'till they will beat to a Powder. Sift and infuse two Drams in two Quarts of Ale; drink half a Pint every six Hours, new Milk warm.— It has cured many. Tried.

126. Or, apply *Goose Dung* and *Celandine* beat well together and spread on a fine Rag. It will both cleanse and heal the Sore :

127. Or, a Poultis of *wild Parsnips*, Flowers, Leaves and Stalks, changing it Morning and Evening :

128. Or, live three Months on *Apples* and *Apple-Water* :

129. Or take half a Dram of *Venice Soap* twice a Day :

130. Or, take *Brimstone* and *Aqua Sulphurata*, as Art. 60.—This has cured one far advanced in Years.

Dr. *Cheyne* says, a total Afs-Milk Diet, about two Quarts a Day, without any other Food or Drink, will cure a confirmed Cancer.

Three inveterate Cancers, which adhered to the Bones were totally cured at *Paris*, by anointing the Ulcers thrice a Day with Infusion of Leaves of *Plumbago* in *Olive Oil*. The Pain which the Application at first occasioned was over in about a Fortnight.

26. A Cancer in any other Part.

131. Apply red *Onions* bruised :

132. Or, make a Plaister of *Rock-Allum*, *Vinegar*, and *Honey*, equal Quantities, with *Wheat-flower*. Change it every twelve Hours. It often cures in three or four Days :

133. Or,

133. Or, stamp the Flowers, Leaves and Stalks of *wild Parsnips*, and apply them as a Plaister, changing it every twelve Hours. It usually cures in a few Days.

27. *Cancer in the Mouth.*

134. Boil a few Leaves of *Succory*, *Plantane* and *Rue* with a Spoonful of *Honey*, for a quarter of an Hour. Gargle with this often in an Hour : 1.
 135. Or, with *Vinegar* and *Honey* wherein half an Ounce of *Roch-Allum* is boiled : 146.
 136. Or, with a little *Roman Vitriol* dissolved in a Pint of Water ; then apply Cream. This also 147.
 137. Or, take an Ounce of *Flour of Sulphur*, and half an Ounce of *Roch-Allum* finely powder'd 148.
 Mix these well together with pure *Honey* and apply often. 149.

28. *Chilblains (to prevent.)*

138. Wear *Flannel Socks* : 3 I.
 139. Or, wash the Hands with *Flour of Mustard*

29. *Chilblains (to cure.)*

140. Apply *Salt and Onions* pounded together : 150. D
 141. Or, a *Poultis* of *roasted Onions* hot. Keep 151. C
 on two or three Days, if not cured sooner : 152. C
 142. Or, hot *Turnip-parings* roasted, changing 153. C
 them twice or thrice a Day. 143. W

143. Wash them (if broke) with Tincture of *Myrrh* in a little Water.

30. *Chin-Cough or Hooping-Cough.*

144. Use the *Cold Bath* daily :

145. Or, rub the Feet thoroughly with *Hogs-lard*, before the Fire, at going to Bed, and keep the Child warm therein : Tried.

146. Or, rub the Back at lying down with *old Rum*. It seldom fails :

147. Or, give a Spoonful of Juice of *Penny-royal*, mixt with brown *Sugar-candy*, twice a Day :

148. Or, half a Pint of *Milk* warm from the Cow, with the Quantity of a Nutmeg of *Conserve of Roses* dissolved in it, every Morning.

149. In desperate Cases, change of Air alone has cured.

31. *Cholera Morbus, i. e. Flux and Vomiting.*

150. Drink two or three Quarts of *cold Water*, if strong ; of *warm Water*, if weak :

151. Or, drink a Draught of *Vinegar* and Water :

152. Or, boil a Chicken an Hour in two Gallons of Water, and drink of this 'till the Vomiting ceases.

153. Or, Take six Grains of *Laudanum*, and apply a slit *Onion* to the Stomach.

32. *Chopt*

32. *Chopt Hands (to prevent.)*

154. Wash them with *Flour of Mustard* :
 155. Or, in *Bran* and *Water* boiled together.
 156. To cure, wash with *soft Soap* mixt with red
Sand : Tried.
 157. Or, Apply *Oil of Myrrh*.

33. *Chopt Lips.*

158. Apply a little *Sal Prunellæ*.

34. *A Cold.*

159. Drink a Pint of *cold Water* lying down in Bed.
 Tried.
 160. Or, a Spoonful of *Treacle* in half a Pint of
Water : Tried.
 161. Or, to one Spoonful of *Oatmeal* and one
 Spoonful of *Honey*, add a Piece of *Butter* the
 Bigness of a *Nutmeg* : Pour on gradually near
 a Pint of boiling *Water*; drink this lying down
 in Bed.

35. *A Cold in the Head.*

162. Pare very thin the *yellow Rind* of an *Orange*.
 Roll it up inside out, and thrust a Roll into each
 Nostril.

36. *The Cholick (in the Fit.)*

163. Drink a Pint of *cold Water* : Tried.
 164. Or, a Quart of *warm Water* : Tried.

165. Or

165. Or, as largely as possible of *warm Tar-water* :
 166. Or, a Pint of Water in which a *red hot Flint* is quenched :
 167. Or, drink largely of *Camomile Tea* :
 168. Or, of Decoction of *Mallows* :
 169. Or, take thirty Drops of Spirits of *Turpentine*, in a Glass of Water :
 170. Or, from two Scruples to half a Dram of *Yellow-peel* of Oranges powder'd, in a Glass of Water :
 171. Or, beat together into a Cake one Part of stoned Raisins of the Sun, and three Parts of *Juniper-Berries* ; eat more or less according to the Pain :
 172. Or, take from thirty to sixty Drops of Oil of *Anise-seed* on a Lump of Sugar :
 173. Or, apply outwardly a Bag of *hot Oats* :
 174. Or, *hot Water* in a Bladder.

37. *Cholick in Children.*

175. Give a Scruple of powder'd *Anise-seed* in their Meat : Tried.

38. *A Bilious Cholick.* *

176. Give a Spoonful of *sweet Oil* every Hour. — This has cured one judged to be at the Point of Death.

177. Or,

* This is generally attended with vomiting a greenish or a frothy Matter, with feverish Heat, violent Thrift, a bitter Taste in the Mouth, and little and high-coloured Urine.

177. Or, boil an Ounce of bruised *Anise-Seed* in two Quarts of Water, 'till half is boiled away. When it is cool, infuse an Ounce of *Manna*, and four Drams of *Glauber's Salts*. Drink as much of it as you can. Tried.

39. *An Habitual Cholick.*

178. Wear a thin soft Flannel on the Part.

40. *An Hysterick Cholick.* †

179. Mrs. *Watts*, by using the *Cold Bath* two and twenty Times in a Month, was entirely cured of an Hysterick Colick, Fits, and convulsive Motions, continual Sweatings and Vomiting, wandering Pains in her Limbs and Head, with total Loss of Appetite.
180. In the Fit drink half a Pint of *Water* with a little *Wheat-flower* in it, and a Spoonful of *Vinegar* :
181. Or, of warm *Lemonade* : Tried.
182. Or, a Glass full of *Vinegar* :
183. Or, take 20, 30 or 40 Drops of *Balsam of Peru* in fine Sugar : If need be, take this twice or thrice a Day :
184. Or, in Extremity, boil three Ounces of *Burdock-Seed* in Water, which give as a Clyster :
185. Or, twenty Drops of *Laudanum*, in any proper Clyster, which thus injected give instant Ease.

41. *A Ner-*

† Is attended with a violent Pain about the Pit of the Stomach, with great Sinking of the Spirits, and often with greenish Vomiting.

41. *A Nervous Cholick.* *

186. Use the *Cold Bath*, daily for a Month :

187. Or, take *Quicksilver* and *Aqua Sulphurata*, daily for a Month : As Art. 60.

42. *Cholick from the Fumes of Lead, or White Lead, Verdigrease, &c.*

188. In the Fit, drink fresh melted Butter, and then vomit with *warm Water* :

189. Or, give Glisters of Oil or fat Broth.

190. To prevent or cure, breakfast daily on fat Broth, and use Oil of sweet Almonds frequently and largely.

191. Smelters of Metals, Plumbers, &c. may be in a good Measure preserved from the poisonous Fumes that surround them, by wearing Cloth or Flannel Mufflers twice or thrice doubled, dipt in a Solution of *Sea-Salt*, or *Salt of Tartar* and then dried. These Mufflers might also be of great Use, in many similar Cases.

43. *Chops in Womens Nipples.*

192. Apply *Balsam* of Sugar.

44. *To prevent the ill Effects of Cold.*

193. The Moment a Person gets into an House, with his Hands or Feet quite chilled, let him
E put

* This is frequently term'd the *dry Belly-ach*. It often continues several Days, with little Urine, and obstinate Costiveness.

put them into a Vessel of Water, as cold as can be got, and hold them there, till they begin to glow. This they will do in a Minute or two. This Method likewise effectually prevents Chilblains.

45. *A Consumption.*

194. A beginning Consumption was cured by drinking Decoction of *Guaiacum* Morning and Evening for fifteen Days (without Sweating) with a light Diet.
195. *Cold Bathing* has cured many deep Consumptions : Tried.
196. One in a deep Consumption was advised to drink nothing but *Water*, and eat nothing but *Water-gruel*, without Salt or Sugar. In three Months Time he was perfectly well.
197. Take no Food but *new Butter-Milk*, churn'd in a Bottle, and *white Bread*.—I have known this successful :
198. Or, boil two Handfuls of *Sorrel* in a Pint of Whey. Strain it, and drink a Glass thrice a Day.
199. Or, take a Spoonful of Syrup of *Fox-glove*, Morning and Evening : Tried.
200. Or, turn a Pint of skim'd Milk with half a Pint of small Beer. Boil in this Whey, about twenty *Ivy-leaves*, and two or three Sprigs of *Hyssop*, drink half over Night, the rest in the Morning. Do this if needful for two Months daily.—This has cured in a desperate Case Tried.
201. Or, take a *Cow-beel* from the Tripe-house ready drest, two Quarts of *new Milk*, two Ounces

ces of *Hartshorn-shavings*, two Ounces of *Ifing-glass*, a Quarter of a Pound of *Sugar-candy*, and a Race of *Ginger*. Put all these in a Pot ; and set them in an Oven after the Bread is drawn. Let it continue there 'till the Oven is near cold ; and let the Patient live on this.—I have known this cure a deep Consumption more than once.

202. Or every Morning cut up a little Turf of fresh Earth, and lying down, breathe into the Hole for a Quarter of an Hour.—I have known a deep Consumption cured thus :

203. Or, take half a Pint of skim'd *Milk*, put one Spoonful of the best Rum, sweetened with a little Sugar, or Sugar of Roses ; take it new Milk warm, lying in Bed an Hour after it : And use for common Drink, eight Parts Water, three Parts skim'd Milk, one Part Rum, sweetened with a little Sugar :

204. Or, live on *Raisins* and *Bread*, and drink only Decoction of *Barley* and *Liquorice*.

205. “ Mr. *Masters* of *Eversham*, was so far gone in a Consumption, that he could not stand alone. I advised him to lose six Ounces of Blood, every Day for a Fortnight, if he lived so long ; and then every other Day ; then every third Day ; then every fifth Day, for the same Time. In three Months he was well.—Dr. *Dover*. Tried.

206. Or, throw *Frankincense* on burning Coals, and receive the *Smoke* daily thro' a proper Tube into the Lungs. Tried.

207. Or, smoke *Balsam* of *Tolu*, like Tobacco.

208. In the last Stage, Suck an healthy Woman daily.

46. *Convulsions.*

209. Use the *Cold Bath* :
 210. Or, take a Tea-spoonful of *Valerian-root* powder'd in a Cup of Water every Evening :
 211. Or, half a Dram of *Misselto* powder'd, every six Hours, drinking after it a Draught of strong Infusion thereof.

47. *Convulsions in Children.*

212. Scrape *Piony Roots* fresh digged. Apply what you have scraped off to the Soles of the Feet. It helps immediately. Tried.

48. *Convulsions in the Bowels of Children.*

213. Give a Child of a Quarter old, a Spoonful of the Juice of *Pellitory of the Wall*, two or three Times a Day. It goes thro' at once, but purges no more. Use Syrup, if Juice cannot be had.

49. *Corns (to prevent.)*

214. Wash the Feet often in *cold Water*.

50. *Corns (to cure.)*

215. Apply fresh every Morning the *Yeast* of small *Beer*, spread on a Rag :
 216. Or, boil the Juice of *Radishes*, till it is thick enough to spread as a Plaister. Shift it as it grows dry :

217. Or,

217. Or, cleanse from Earth the Root and Herb of *Houfeleek*; crush it with your Fingers and apply it. Renew it every three Hours, for twenty-four Hours: *I.*

218. Or, after paring them close, apply bruised *Ivy-leaves* daily, and in fifteen Days they will drop out.

219. Some Corns are cured by a *Pitch Plaster*.

220. All are greatly eased by steeping the Feet in hot Water, wherein *Oatmeal* is boiled. This also helps dry and hot Feet.

51. *Costiveness.*

221. Rise early every Morning:

222. Or, boil in a Pint and half of Broth, half a Handful of *Mallow-leaves* chopt: Strain this and drink it before you eat any Thing else. Do this frequently, if needful:

223. Or, breakfast twice a Week, or oftner, on *Water gruel* with *Currants*. Tried.

224. Or, take the Bigness of a large Nutmeg of *Cream of Tartar*, mixt with Honey, as often as you need.

225. Or, take daily two Hours before Dinner a small Tea-cup of *stewed Prunes*, and a Glass of Wine and Water before and after it:

226. Or, boil an Ounce and a half of *Tamarinds* in three Pints of Water to a Quart. In this strained, when cold, infuse all Night two Drams of *Sena* and one Dram of *red Rose Leaves*. Drink a Cup every Morning.

52. *A Cough.*

227. Every Cough is a dry Cough at first. As long as it continues so, it may be cured by chewing immediately after you cough, the Quantity of a Pepper-corn of *Peruvian Bark*. Swallow your Spittle as long as it is bitter, and then spit out the Wood. If you cough again, do this again. It very seldom fails to cure any dry Cough. Tried.—I earnestly advise every one who has any regard for his Health to try this within 24 Hours, after he first perceives a Cough.
228. Or, drink a Pint of *cold Water* lying down in Bed : Tried.
229. Or, mix an Ounce of *Linseed Oil*, with an Ounce of *white Sugar-candy* powder'd, and take a Tea-spoonful whenever the Cough comes :
230. Or, make a Hole thro' a *Lemon* and fill it with *Honey*. Roast it, and catch the Juice. Take a Tea-spoonful of this frequently : Tried.

53. *An Astmatic Cough.*

231. Take *Spanish Liquorice* two Ounces, *Salt of Tartar* half an Ounce : Boil the *Liquorice* in three Pints of Water to a Quart. Add the Salt to it when it is Blood-warm. Drink two Spoonfuls of this every two Hours.—It seldom fails : Tried.

54. *A Consumptive Cough.*

232. Slit ten or twelve *Raisins* of the Sun, take out the Stones, and fill them up with the small tender

der Tops of *Rue*. Take these early every Morning, fasting two or three Hours after :

233. Or, boil a Pound of *Raisins* stoned in a Quart of *old Verjuice* to about a Pint. Then add a Pound of *brown Sagar-candy* and let it simmer into Syrup. Take near a Spoonful every three or four Hours.

234. To stop it for a Time, at lying down keep a little *stick Liquorice* shaved like *Horse-radish*, between the Cheek and the Gums.—I believe this never fails.

55. *A Convulsive Cough.*

235. Eat *preserv'd Walnuts* :

236. Or, boil a Handful of *Bay-leaves* in Milk, turn this with *white Wine*, and drink a Draught of the Whey often.

56. *An Inveterate Cough.*

237. Wash the Head in *cold Water*, every Morning :

238. Or, use the *Cold Bath*.—It seldom fails :

239. Or, take half a Pint of Decoction of *Onions*, Morning and Evening..

240. Or a Spoonful of Juice of *Onions* :

241. Or, take peel'd *Turnips* three Pounds, *Sugar* one Pound, put them in an Earthen Pot close cover'd for twenty-four Hours. Strain the Juice, and take two or three Spoonfuls Morning and Evening : Tried.

242. Or,

242. Or, mix the Juice of boil'd *Turnips* with fine powder'd *Sugar-candy*, 'till it is a Kind of Syrup. Swallow a little of it Drop by Drop from Time to Time :

243. Or, take a Spoonful of Syrup of *Horehound* Morning and Evening : Tried.

244. Or, put a Scruple of *Sperma-Ceti* into the Yolk of a new-laid Egg, and sup it up in the Morning fasting.

57. *A Pleuritick Cough.*

245. Powder an Ounce of *Sperma-Ceti* fine. Work it in a Marble Morter with the Yolk of a new-laid Egg. Mix them in white Wine, and take a small Glass every three Hours.

58. *A Tickling Cough.*

246. Drink *Water* whiten'd with Oatmeal four Times a Day :

247. Or, keep a Piece of *Barley-Sugar* or *Sugar-candy* constantly in the Mouth.

59. *Violent Coughing from a sharp thin Rheum.*

248. Work into old *Conserve of Roses*, as much as you can of pure *Olibanum*, powder'd as fine as possible. Take a Bolus of this twice or thrice a Day. It eases presently, and cures in two or three Weeks :

249. Or

249. Or, use *Milk diet* as much as possible.

60. *The Cramp (to prevent.)*

250. Tie your Garter smooth and tight under your Knee at going to Bed : Tried.

251. Or, be *electrified* thro' the Part which uses to be affected. This generally prevents it for a Month : Sometimes for a Twelvemonth. Tried.

61. *The Cramp (to cure.)*

252. Stretch out the Limb immediately :

253. Or, stretch out the opposite Arm and clench the Fist :

254. Or, chafe the Part with *Hungary Water* :

255. Or, with *rectified Spirits of Wine* :

256. Or, apply boiled Nettles hot :

257. Or, take half a Pint of *Tar-water* Morning and Evening.

62. *A Cut.*

258. Keep it closed with your Thumb a Quarter of an Hour. Then double a Rag five or six Times ; dip it in cold Water, and bind it on : Tried.

63. *Deafness.*

259. Be *electrified* thro' the Ear : Tried.

260. Or, use the *Cold Bath* :

261. Or,

261. Or, put a little *salt* into the Ear :
 262. Or, *Salt Petre* :
 263. Or, drop into it a Tea-spoonful of *salt Water* :
 264. Or, of Juice of *Ground Ivy* :
 265. Or, three or four Drops of *Onion juice* at lying down, and stop it with a little *Wool*.

64. *Deafness from Wax.*

266. Syringe the Ear with warm *Sage-tea* : Tried,
 267. Or, put in *wild Mint* bruised, with the Juice, changing it often.

65. *Deafness with Head-ach and Buzzing in the Head.*

268. Peel a Clove of *Garlick* ; dip it in *Honey*, and put it into your Ear at Night with a little black *Wool*. Lie with that Ear uppermost. Put the same in the other Ear the next Night. Do this, if need be, eight or ten Days.

66. *A Settled Deafness.*

269. Take a red *Onion*, pick out the Core ; fill up the Place with Oil of roasted Almonds. Let it stand a Night ; then bruise and strain it. Drop three or four Drops into the Ear, Morning and Evening, and stop it with black *Wool*.

67. To

67. *To cause an easy Delivery.*

270. Peel, slice and fry a large white *Onion* in two or three Spoonfuls of the best *Oil*, 'till it is tender. Boil this with half a Glass of *Water*: Strain and drink it in the Morning fasting, for two or three Weeks before the Time of Child-birth.

68. *A Diabetes.* §

271. Drink *Wine* boiled with *Ginger*, as much and as often as your Strength will bear. Let your Drink be *Milk* and *Water*. All *Milk Meats* are Good:
272. Or, drink three or four Times a Day a Quarter of a Pint of *Allum Posset* drink, putting three Drams of *Allum* to four Pints of *Milk*.—It seldom fails to cure in eight or ten Days. *Dr. Mead*.
273. Or, infuse half an Ounce of *Cantharides* in a Pound of *Elixir of Vitriol*. Give from 15 to 30 or even 40 Drops in *Bristol-Water*, twice or thrice a Day.

69. *The Dropsy.* ||

274. Use the *Cold Bath* daily, after purging:
275. Or,

§ A *Diabetes* is a frequent and large Discharge of pale and sweetish Urine, attended with constant Thirst, and a Wasting of the whole Body.

|| A *Dropsy* is, a preternatural Collection of Water, in the Head, Breast, Belly, or all over the Body. It is attended with a continual Thirst. The Part swelled pits, if you press it with your Fingers. The Urine is pale and little.

275. Or, rub the swelled Parts with *sallad Oil* by a warm Hand, at least an Hour a Day. This has done Wonders in some Cafes.
276. Or, drink nothing but *Lemonade*, i. e. *Lemon Sugar* and Water :
277. Or, cover the whole Belly with a large new Sponge dipt in strong *Lime-water*, and then squeezed out. This bound on, often cures, even without any sensible Evacuation of Water :
278. Or, apply green *Dock-leaves* to the Joints and Soles of the Feet, changing them once a Day :
279. Or, mix half an Ounce of *Amber* with a Quart of *Wine Vinegar*. Heat a Brick (only new red hot) and put it into a Tub. Pour them upon it, and hold the Parts swell'd over the Smoke covering the Tub close, to keep in the Smoke. The Water will come out incredibly, and the Patient be cured :
280. Or, eat a *Crust* of *Bread* every Morning fasting : Tried.
281. Or, take as much as lies on a Six-pence of powder'd *Lawrel-leaves*, every second or third Day. It works both Ways : Tried.
282. Or, mix a Pound of the coarsest *Sugar* with a Pint of Juice of *Pellitory of the Wall* bruised in a Marble Mortar. Boil it as long as any Scum rises. When cool, bottle and cork it. If very bad, take three Spoonfuls at Night, and two in the Morning.—It seldom fails : Tried.
283. Or, boil two Handfuls of *Elder-roots* in a Quart of Water. Strain it and drink a large Glass thrice a Day for thirty Days. It frequently cures in that Time.

284. *Tar-water* drank twice a Day has cured many: So has an Infusion of *Juniper Berries* roasted, and made into a Liquor like Coffee:

285. Or, take a Spoonful of the Juice of *Artichoke-leaves*, Morning and Evening:

286. Or, three Spoonfuls of the Juice of *Leeks* and *Elder-leaves*:

287. Or, half a Pint of Decoction of *Butchers Broom*, intermixing Purges twice or thrice a Week. The proper Purge is ten Grains of *Jalap* with six of powder'd *Ginger*. It may be encreas'd or lessen'd according to the Strength of the Patient:

288. Or, of the Decoction of the Tops of *Oak-Boughs*: This cured an inveterate Dropsy in fifteen Days:

289. Or, take a Spoonful of whole *Mustard-seed*, Night and Morning, and drink on it half a Pint of Decoction of *green Broom-tops*. This works both by Stool and Urine:

290. Or, use *Sal Prunellæ* in your common Drink thirty Days:

291. Or, take *Sena*, *Cream* and *Jalap*, half an Ounce each. Mix them and take a Dram every Morning in Broth. It usually cures in twenty Days:

292. Or drink *Sea-Water*, Morning and Evening:

293. Or, abstain from all Drink for thirty Days. To ease your Thirst hold often on your Tongue, a thin small Slice of toasted Bread dipt in Brandy; or, wash the Mouth with Juice of Lemons: Tried.

70. *Drowned.*

294. Rub the Trunk of the Body all over with
Salt. It frequently recovers them that seem
dead.

71. *The Ear-Ach.*

295. Rub the Ear hard for a Quarter of an Hour:
Tried.
296. Or, be *electrified*: Tried.
297. Or, apply to it a *hot Roll*:
298. Or, put in a *roasted Fig*, as hot as may be:
299. Or, blow the *Smoak of Tobacco* strongly into
it:
300. Or, drop in Juice of *Goose Grass*.

72. *Ear-Ach from Cold.*

301. Boil *Rue*, or *Rosemary*, or *Garlick*, and let the
Steam go into the Ear thro' a Funnel.

73. *Ear-Ach from Heat.*

302. Apply Cloths four Times doubled and dipt in
cold Water, changing them when warm, for half
an Hour.

74. *Ear-Ach from Worms.*

303. Drop in *warm Milk*, and it brings them out:
304. Or, Juice of *Wormwood* which kills them:
305. Or, Oil of *bitter Almonds*.

75. *Noise*

75. *Noise in the Ears.*

306. Drop in Juice of *Onions* :

307. Or, fill them with bruised *Hyssop*.

76. *Hard Wax in the Ear.*

308. Is best dissolv'd by *warm Water*.

77. *Eyes blear'd.*

309. Drop into them Juice of *Crab Apples*.

78. *A Blood-shot Eye.*

310. Apply Linen Rags dipt in *cold Water* for two or three Hours :

311. Or, blow in white *Sugar-candy* finely powder'd :

312. Or, apply boil'd *Hyssop* as a Poultis.—This has a wonderful Efficacy.

79. *A Bruise in the Eye.*

313. Apply as a Plaister *Conserve of Roses* :

314. Or, a Paste of *black Soap* and *white Bread-Crums*. But take Care it get not into the Eye.

80. *Clouds flying before the Eye.*

315. Take a Dram of powder'd *Betony* every Morning.

81. *Blindness.*

316. Is often cured by *cold Bathing* :
 317. Or, by *electrifying* : Tried. This has cured even a *Gutta Serena*.

82. *Eyes dim or decay'd.*

318. Use *Eye-bright* Tea daily :
 319. Or powder'd *Eye-bright*, both in Meat and Drink.

83. *Dull Sight.*

320. Drop in two or three Drops of Juice of *rotten Apples* often.

84. *Films.*

321. Dry *Zibethum Occidentale* ; i. e. *Stertus humanum*, slowly ; powder it fine, and blow it into the Eye twice or thrice a Day :
 322. Or, mix Juice of *Ground-ivy* with a little *Honey*, and two or three Grains of *Bay-Salt*. Drop it in Morning and Evening.

85. *Hot or sharp Humours.*

323. Beat the White of an Egg into Water, in which mix fine *Sugar*, and drop it into the Eye :
 324. Or, apply a few Drops of a Syrup made with double refined *Sugar*, melted in Brandy : Tried.

325. Or

325. Or, drop in Juice of *Daisies* Morning and Evening :

326. Or, boil a Handful of *Bramble-leaves* with a little *Allum* in a Quart of Spring Water to a Pint. Drop this frequently into the Eye. This likewise speedily cures any Sores.

327. Or, lay a thin Slice of *raw Beef* on the Nape of the Neck : Tried.

86. *Eyes inflam'd.*

328. Apply as a Poultis, *boil'd, roasted, or rotten Apples* warm :

329. Or, a thick *Apple-paring* lying down in Bed :

330. Or, *Wormwood-tops* with the *Yolk* of an Egg: This will hardly fail.

331. Or, beat up the *White* of an Egg with two Spoonfuls of *white Rose Water* into a white Froth. Apply this on a fine Rag, changing it so that it may not grow dry, 'till the Eye is well : Tried.

87. *A Lachrymal Fistula. **

332. Apply a Poultis of fine Leaves of *Rue* :

333. Or, Wash the Eye Morning and Evening with Decoction of *Quince-leaves* :

334. Or, take a Dram of *Betony-leaves* powder'd daily.

88. *Pearl in the Eye.*

335. Apply a Drop of Juice of *Gelandine* with a Feather thrice a Day :

F 3

336. Or,

* This Disorder in the inner Corner of the Eye, causes the Tears to flow involuntarily.

336. Or, of the Juice of *Rue* :
 337. Or, of *three-leav'd Grass*. It commonly cures
 in seven Days.
 338. Or, dissolve a little *Sal Armoniac* in *Rose-
 Water*. Keep this three Days in a *Copper Vessel*.
 Drop it twice a Day into the Eye.

89. *White Specks in the Eye.*

339. Going to Bed, put a little *Ear-wax* on the
 Speck. This has cured many.
 340. Or, a Drop of the Juice of *Fennel* :
 341. Or, of *Ivy-juice* : Afterwards blow in a little
 powder'd *Loaf-Sugar*.

90. *An excellent Eye-Water.*

342. Heat half an Ounce of *Lapis Calaminaris* red
 hot, and quench it in half a Pint of *French white
 Wine*, and as much *white Rose-Water* : Then
 pound it small and infuse it. Shake the Bottle
 when you use it. It cures Soreness, Weakness,
 and most Diseases of the Eye. I have known it
 cure total Blindness.

91. *Another.*

343. Infuse in *Lime-water* a Dram of *Sal Armoniac*
 powder'd, for twelve Hours ; then strain and
 keep it for Use. This also cures most Disorders
 in the Eyes.

92. *Another*

92. *Another.*

344. Boil very lightly one Spoonful of *white Cop-
peras* scrap'd, and three Spoonfuls of *white Salt*,
in three Pints of Spring Water. When cold,
bottle it in large Vials without straining. Take
up the Vial softly, and put a Drop or two in the
Eye Morning and Evening.

☞ *It answers the Intention of almost all the preceding
Medicines: It takes away Redness, or any Soreness
whatever: It cures Pearls, Rheums, and often
Blindness itself.*

93. *Another.*

345. Stamp and strain *Ground-Ivy*, *Celandine*, and
Daisies an equal Quantity: Add a little *Rose-
Water* and *Loaf-Sugar*. Drop a Drop or two at
a Time into the Eye, and it takes away all
Manner of Inflammation, smarting, itching,
Spots, Webs, or any other Disorder whatsoever;
yea, tho' the Sight were almost gone.

346. *An Eye Water which was used by Sir
Stephen Fox, when he was 60 Years of
Age, and could hardly see with the help of
Spectacles; but hereby in some Time reco-
ver'd his Sight, and could see to read the
smallest Print without Glass or Spectacles,
'till above Eighty.*

Take six Ounces of rectify'd *Spirits of Wine*, dis-
solve in it one Dram of *Camphire*; then add
two

two Pugils of dry'd *Elder Flowers*. In twenty four Hours after it is infused, it is ready for Use. Take out a little in a Tea-spoon ; dip your Finger in it, and Bathe your Forehead over your Eyes, and each Temple with it several Times, Morning, and Night, and twice more in the Day constantly. Mean time dip a soft Rag in dead small Beer, new Milk warm, and dabb each Eye a dozen Times gently, Morning and Evening.

If it is a watry Humour, you may with your Finger wet the Eyelids two or three Times apiece ; but be sure to shut your Eyes, or it makes them smart and burn excessively. If you have the Tooth-ach or swelled Face rub it well in on the Part, and it will take away the Pain. It will cure any Bruise also if used immediately : Tried It will cure any Inflammation in the Eyes, by a long course of using.

94. *Weak Eyes.*

347. Moistn the Eyelids Morning and Evening with *camphorated Spirits of Wine*, keeping the Eyes shut.

348. Wash the Head daily with *cold Water* : Tried

95. *Fainting on letting Blood*

349. Is prevented, by taking before it some good Broth.

96. *The Falling Sickness.* *

350. Be *electrified*. Tried.
351. Or, use the *cold Bath* for a Month daily :
352. Or, take a Tea-spoonful of *Piony Root* dried and grated fine, Morning and Evening for three Months :
353. Or, half a spoonful of *Valerian-root* powdered. It often cures in twice taking :
354. Or, drink a Draught of *Vinegar* and Water, every Morning, and a spoonful of Vinegar before the Fit :
355. Or, take a Spoonful of the Juice of *Rue*, Morning and Evening, for a Month :
356. Or, half a Pint of Decoction of *Lignum Guaiacum*, Morning and Evening : *I*.
357. Or, of *Tar-water* for three Months :
358. Or, take four Drops of *Laudanum* fasting, for six or seven Mornings. This has cured many :
359. Or, use an *entire Milk Diet* for three Months : It seldom fails :
360. Or, take half a Dram of powder'd *Misselto* every six Hours, drinking after it a strong Infusion of *Misselto* : *I*.
361. In the Fit, blow up the Nose a little powder'd *Ginger* :
362. Or, Leaves of *Assarabacca* powder'd.—☞ This is the famous *Major's Snuff*.

363. One

* In the *Falling Sickness* the Patient falls to the Ground, either quite stiff, or convulsed all over, utterly senseless, gnashing his Teeth, and foaming at the Mouth.

363. One who is subject to the Falling-sickness, may prevent a Fit, if he feels it coming, by this simple Experiment. Let him always carry with him a Piece of Metal, as broad as he is able to hold between his Teeth, when his Jaws are stretched to the utmost. When he feels the Fit approaching, let him immediately put this between his Teeth, so as to keep his Jaws at their utmost Stretch. In about a Minute this will bring him quite to himself, and prevent the Fit for that Time.

If one put this Metal between the Teeth of one that is in the Fit, and force them open, 'till his Jaws are at the utmost Stretch, the Fit will immediately go off and the Patient very soon recover.

97. *The falling of the Fundament.*

364. Apply a Cloth covered thick with *Brick-Dust*:

365. Or, boil eight *Beetles*, in *Oil of Mastich*, and anoint the Part, and sprinkle thereon powdered *Egg-shells*.

366. Or, boil a Handful of *red Rose Leaves* in a Quarter of a Pint of *red Wine*: Dip a Cloth in it, and apply it as hot as can be borne. Do this 'till all is used.

98. *A Falling down of the Womb,*

367. May be cured in the Manner last mentioned.

99. *A Fever.*

368. Drink a Pint and Half of *cold Water* lying down in Bed : I never knew it do Hurt :

369. Or, a large Glas of *Tar-water* warm, every Hour.

370. The best of all Juleps in a Fever, is this : Toast a large thin Slice of Bread, without Burning ; put it hot into a Pint of cold Water ; then set it on the Fire 'till it is pretty hot. In a dry Heat it may be given cold ; in a moist Heat warm ; the more largely the better : Tried.

371. Put an Ounce of *Rice* in a Pint of Water. Set it near the Fire, 'till it is scalding hot. Then pour it off clear.

372. Or, for a Change, use *Pippin* or *Wood-sorrel* Tea : Or, *Pippin Posset Drink* : Or, *Wood-sorrel Posset Drink* :

373. Or, Decoction of *Violet-leaves* :

Dust : 374. Or, of *Strawberry-leaves* :

375. To prevent catching any infectious Fever, do not breathe near the Face of the sick Person, neither swallow your Spittle while in the Room. Infection seizes the Stomach first.

100. *A Burning Fever.*

376. Stamp a Handful of Leaves of *Caprifolium* ; put fair Water to it, and use it cold as a Clyster. It commonly cures in an Hour :

377. Or, smear the Wrists, five or six Inches long with warm *Treacle*, and cover it with brown Paper.

101. Con-

101. *Continual Fever.*

378. If not very violent, take a Dram of *Sal Prunellæ*, every four Hours, in warm Water, 'till it abates.

102. *A Hæctic Fever.*

379. Drink only thin *Water-gruel*, or boil'd *Milk and Water*. The more you drink the better.

103. *A High Fever.*

380. Attended with a Delirium and a *Vigilia*, has been cured by plunging into cold Water ; which is a safe and sure Remedy in the Beginning of any Fever.

381. Such a Delirium is often cured by applying warm *Lamb's-lungs* to the Head.

104. *An Intermitting Fever.*

382. Drink warm *Lemonade* in the Beginning of every Fit : It cures in a few Days : Tried.

383. Or, take a Tea-spoonful of *Oil of Sulphur* in a Cup of *Balm Tea*, once or twice a Day.

105. *A Fever with Pains in the Limbs.*

384. Take twenty Drops of *Spirits of Hartshorn* in a Cup of Water twice or thrice in twenty-four Hours :

385. Or, in strong *Camomile Tea*, lying down in Bed.

106. *A Rash Fever.*

386. Drink every Hour a Spoonful of Juice of *Ground-ivy*. It cures in twenty-four Hours. Use the Decoction, when you have not the Juice.

107. *A Slow Fever.*

387. Use the cold Bath for two or three Weeks, daily.

108. *A Fistula.*

388. Grind an Ounce of *Mercury Sublimate*, in a Glass Mortar, with a Glass Pestle, as fine as possible. Put it into a Glass Bottle, and pour on it two Quarts of pure Spring Water. Cork it close, and for six Days shake it well every Hour. Then let it settle for twenty four Hours. Pour it off clear ; filter it in a Glass Funnel ; and keep it for Use close stoppt. Put a Spoonful of this Water in a Vial, and add two Spoonfuls of pure Spring Water : Shake them well together, and drink it fasting. It works both by Vomit and by Stool, but very safely. Keep yourself very warm, and walk as much as you can. The first Time neither eat nor drink 'till two Hours after it has done working. Take this every other Day. In forty Days this will also cure any *Cancer* any *Old Sore* or *King's-Evil*, broken or unbroken. After

the first or second Vomit you may use Water-gruel, as in other Vomits.—☞ *Very weak Persons should not use this.*

109. *Flegm.*

389. To prevent or cure, take a Spoonful of *warm Water* the first thing in the Morning.

110. *Flooding (in lying in.)*

390. Cover the Body with Cloths, dipt in *Oxycrate* (i. e. Vinegar and Water) changing them as they grow warm. Drink cooling, acid Liquors.

391. Or, take four Ounces of Juice of *Nettles*, Morning and Evening for two Days, apply meantime a Sponge dipt in *Vinegar* and *red-Wine*.

111. *A Flux.*

392. Use the *cold Bath* daily, and drink a Draught of Water from the Spring :

393. Or, sit over *Camomile-Flowers* boil'd in Milk :

394. Or, receive the Smoke of *Turpentine* cast on burning Coals. This cures also the *Bloody-Flux*, and the *Falling of the Fundament* :

395. Or, drink two or three Quarts of *warm Water* :

396. Or, put a large brown Toast into three Quarts of Water, with a Dram of *Cochineal*, and a Dram of Salt of *Wormwood*. Drink it all in as short Time as you conveniently can. This rarely fails

fails to cure all *Fluxes, Cholera Morbus*, yea, and *Inflammations of the Bowels* : Tried.

397. Or, take a Spoonful of *Plantane-seed* bruised Morning and Evening, 'till it stops :

398. Or, the *Leaves* of it boiled in small Broth :

399. Or, three or four Ounces of its *Juice* :

of 400. Or, a small *Nutmeg* powder'd in the Yolk of an Egg :

401. Or, a Dram of the Seed of *Flix-weed* in two or three Spoonfuls of Broth : *I.*

402. Or, a Dram of *Cork* powdered :

rate 403. Or, ten Grains of *Ipecacuanha* three Morn-
n as ings successively. It is likewise excellent as a
ors. Sudorific.

ttles, 404. Or, boil the *Fat* of a Breast of Mutton in a
pply Quart of Water for an Hour. Drink the Broth
red- as soon as you can conveniently. This will cure
the most inveterate Flux : Tried.

112. *A Bloody Flux.*

ught 405. Apply a Suppository of Linen dipt in *Aqua*
Milk: *Vitæ* :

t on 406. Or, drink *cold Water* as largely as possible,
Flux, taking nothing else 'till the Flux stops :

Wa- 407. Or, take a large *Apple*, and at the Top pick
out all the Core, and fill up the Place with a
Piece of *Honey-comb* ; (the Honey being strained
out) roast the Apple in Embers, and eat it, and
this will stop the Flux immediately :

quarts 408. Or, a Dram of *Salt* of *Vitriol* dissolved in
Dram Water :

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409. Or,

409. Or, thirty Grains of powder'd Root of *Gladwin*, at Night, twice or thrice a Week : It is just as good as *Rhubarb* in most Cases :
410. Or, Decoction of *Primrose-leaves* Morning and Evening : Or, of *Millet-seed* :
411. Or, grated *Rhubarb*, as much as lies on a Shilling, with half as much of grated *Nutmeg*, in a Glass of white Wine, lying down, every other Night : Tried.
412. Or, take four Drops of *Laudanum*, and apply to the Belly a Poultis of *Worm-wood* and red *Roses* boiled in *Milk*.
413. Or, take two Grains of *Laudanum* in Conserve of *Roses* lying down : If need be, repeat it. Afterwards take a little *Rhubarb* :
414. Or, a Pint of Decoction of *Burnet*, with a Lump of *Butter* in it, Morning and Evening. It usually cures in three Days.

113. To prevent (or stop a beginning) Grangrene.

415. Foment continually with *Vinegar*, in which Drops of *Iron* has been boiled.

114. The Gout in the Stomach.

416. " Dissolve two Drams of *Venice Treacle* in a Glass of *Mountain*. After drinking it, go to Bed. You will be easier in two Hours, and well in sixteen." Dr. *Dover*.

417. Or,

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417. Or, take two Spoonfuls of Juice of *Worm-wood* :

418. Or, boil a Pugil of *Tansy* in a Quarter of a Pint of *Mountain*. Drink it in Bed. I believe this never fails : Tried.

419. To prevent its Return, dissolve half an Ounce of *Gum Guaiacum*, in two Ounces of *Sal Volatile*. Take a Tea-spoonful of this every Morning, in a Glass of Spring Water.

☞ *This helps any sharp Pain in the Stomach.*

Dr. Boerhaave.

115. *The Gout in the Foot or Hand.*

420. Apply a raw lean *Beef-stake*. Change it once in twelve Hours, 'till cured.

116. *The Gout in any Limb. **

421. Rub the Part with *warm Treacle*, and then bind on a Flannel smear'd therewith. Repeat this, if Need be, once in twelve Hours. This has cured an inveterate Gout in 36 Hours.

422. Or, mix in warm Water half a Spoonful of *Salt*, three Spoonfuls of *Yeast*, with *Rye-meal*, and spread it on Flannel. Sew this to the Soles of the Feet. Renew this (keeping your Bed) every twelve Hours. It generally cures in three Days :

G 3

423. Or,

* Regard not them who say, The Gout *ought not* to be cured. They mean, *It cannot*. I know it cannot by *their regular Prescriptions*. But I have known it cured in many Cases, without any ill Effect following.

423. Or, dry *Sage* in the Sun for a Day. Apply this, and in one Night it will ease the Pain.
424. Or, at Six in the Evening, undress, and wrap yourself up in Blankets.—Then put your Legs up to the Knees in Water, as hot as you can bear it. As it cools, let hot Water be poured in, so as to keep you in a strong Sweat 'till Ten. Then go into a Bed well warm'd and sweat 'till Morning.—I have known this cure an inveterate Gout, in a Person above Sixty, who lived eleven Years after.—The very Matter of the Gout is surely destroyed by a steady Use of *Mynsicht's Elixir of Vitriol*.

117. *The Gravel.*

425. Eat largely of *Spinach* :
426. Or, drink, largely of *warm Water* sweetened with *Honey* :
427. Or, of *Peach-leave Tea* :
428. Or, of *Pellitory of the Wall Tea*, so sweetened :
429. Or, of Decoction of *Arsesmart*. I.
430. Or, infuse an Ounce of *wild Parsley Seeds* in a Pint of *white Wine* for twelve Days. Drink a Glass of it fasting three Months. To prevent its return, breakfast for three Months on *Agri-mony Tea*. It entirely cured me, twelve Years ago, nor have I had the least Symptoms of it since.

118. *The Green Sickness.*

431. Take an Ounce of *Quick-silver* every Morning :—As Art. 60.
432. Or, a Cup of Decoction of *Lignum-Guaiacum* Morning and Evening.
433. Or, grind together into a fine Powder three Ounces of the finest *Steel filings*, and two Ounces of *red Sugar Candy*. Take from a Scruple to half a Dram every Morning. I.

119. *To kill Animalcula that cause the Gums to waste away from the Teeth.*

434. Gargle thrice a Day with Salt and Water.

120. *To make the Hair grow.*

435. Wash the bald Part with a Decoction of *Box-wood*.

121. *The Head-ach.*

436. Rub the Head for a Quarter of an Hour :
Tried.
437. Or, be *electrified* : Tried.
438. Or, apply to each Temple the thin yellow Rind of a *Lemon*, newly pared off :
439. Or, pour upon the Palm of the Hand a little *Brandy*, with some *Zist of Lemon*, and hold it to the Forehead :

440. Or,

440. Or, if you have caught Cold, boil a Handful of *Rosemary* in a Quart of Water. Put this in a Mug, and hold your Head (cover'd with a Napkin) over the Steam, as hot as you can bear. Repeat this 'till the Pain ceases : Tried.
441. Or, drop Juice of *Pimpernell* into the Ear :
442. Or, snuff up the Nose *camphorated Spirits* of *Lavender* :
443. Or, Juice of *Ground-Ivy* :
444. Or, a little Juice of *Horse-Radish* :
445. Or, drink half a Pint of strong Decoction of *Ground-Ivy*, Morning and Evening.

122. *A Chronical Head-Ach.*

446. Keep your Feet in warm Water, a Quarter of an Hour before you go to Bed ; for two or three Weeks : Tried.
447. Or, wear tender *Hemlock-leaves*, under the Feet, changing them daily :
448. Or, order a Tea-kettle of cold Water to be pour'd on your Head, every Morning in a slender Stream :
449. Or, apply to the Head bruised *Cummin-seeds*, fried with an Egg :
450. Or, take a large Tea-cup full of *Carduus* Tea, without Sugar, fasting for six or seven Mornings : Tried.
451. Or, boil *Wood-betony* in new Milk, and strain it. Breakfast on this for five or six Weeks. I.

123. *Head*

* The Head.

123. *Head-ach from Heat.*

452. Apply to the Forehead Cloths dipt in *cold Water* for an Hour: Tried.
453. Or, beat white *Poppy seed* to Powder; mix this with Yolks of Eggs, and apply it to the Temples and Forehead.

124. *A Nervous Head-ach.*

454. Dry and powder an Ounce of *Marjoram* and half an Ounce of *Affarabacca*; mix them, and take them as Snuff, keeping the Ears and Throat warm. This is of great Use even in a *Cancer*:
455. Or, take half a Dram of powder'd *Marum* Morning and Evening in any Liquid.

125. *An Hemicrania.**

456. Use *cold Bathing*:
457. Or, apply to that Part of the Head shaved, a Plaister that will stick, with a Hole cut in the Middle of it as big as an Halfpenny: Place over that Hole Leaves of *Ranunculas*, bruised and very moist. It is a gentle Blister.
458. Or, snuff up Smoke of *Amber* for half an Hour.

126. *Stoppage in the Head.*

459. Snuff up Juice of *Primrose*, keeping the Head warm.

127. *The*

* That is, an *Head-ach* which affects but one Side of the Head.

127. *The Heart-Burning.* †

460. Drink a Pint of *cold Water* : Tried.
461. Or, drink slowly of Decoction of *Camomile Flowers* :
462. Or, chew five or six *Pepper Corns* a little ; then swallow them :
463. Or, take six *Almonds* and twelve raw *Peas*, and eat them together :
464. Sometimes a *Vomit* is needful, of *Ipecacuanha*, or *Carduus Tea*.
465. In the Fit, take a Scruple of *Salt of Worm-wood*, in a Spoonful of *Lemon Juice* :
466. Or, a Tea Spoonful of *Crabs Eyes*, ground to an impalpable Powder.

128. *The Hiccup.*

467. Swallow a Mouthful of *Water*, stopping the Mouth and Ears : Tried.
468. Or, take any Thing that makes you sneeze :
469. Or, a little candied *Ginger* :
460. Or, two or three preserv'd *Damsons* :
471. Or, three Drops of *Oil of Cinnamon* on a Lump of *Sugar*. Tried.

129. *Hoarseness.*

472. Rub the Soles of the Feet before the Fire, with *Garlick* and *Lard* well beaten together, over Night. The Hoarseness will be gone next Day :
473. Or,

† A sharp gnawing Pain at the Orifice of the Stomach.

473. Or, take a Pint of cold Water lying down :
474. Or, instead of Supper, eat an *Apple* and drink half a Pint of Water :
475. Or, swallow slowly the Juice of *Radishes* :
476. Or, take a Spoonful of *Sage-juice* Morning and Evening :
477. Or, half a Pint of *Mustard-Whey*, lying down :
478. Or, a Tea-spoonful of *Conserve of Roses* every Night : Tried.
479. Or, boil a large Handful of *Bran* and a few *Raisins* in a Quart of Water. Strain and sweeten it with *Sugar-candy*, and use it for common Drink.
480. Or, Fifteen Drops of *Balsam of Sulphur* on a Lump of Sugar :
481. Or, Dry *Nettle-roots* in an Oven. Then powder them finely, and mix with an equal Quantity of *Treacle*. Take a Tea-spoonful of this twice a Day.

130. *Hypochondriac and Hysterical Disorders.*

482. Use cold Bathing :
483. Or, take an Ounce of *Quicksilver* every Morning.

131. *The Jaundice.*

484. Wear Leaves of *Celandine* upon and under the Feet :

485. Or,

485. Or, take a small Pill of *Castile Soap* every Morning for eight or ten Days : Tried.
486. Or, beat the White of an Egg thin : Take it Morning and Evening in a Glass of Water :
487. Or, as much as lies on a Shilling of *calcined Egg-shells*, three Mornings fasting ; and walk 'till you sweat :
488. Or, half a Pint of strong Decoction of *Nettles* :
489. Or, boil a large *Burdock-root* in two Quarts of Water to three Pints. Let it soak therein for twenty-four Hours cover'd close. Drink a Draught of this three or four Times, and it will not fail.

132. *The Jaundice in Children.*

490. Take half an Ounce of fine *Rhubarb*, powder'd. Mix with it thoroughly, by long beating, two Handfuls of good well cleansed *Currants*. Of this give a Tea-spoonful every Morning.

133. *The Iliac Passion.* *

491. Apply warm Flannels soak'd in *Spirits of Wine* :
492. Or, hold a *live Puppy* constantly on the Belly. —Dr. Sydenham.
493. Or, immerge up to the Breast in a warm Bath :

494. Or,

* In this violent Kind of *Cholick* the Excrements are thrown up by the Mouth in vomiting.

494. Or, take a Decoction of the Seed of *Dill* in Oil and Water, and then a Bit of Bread dipt in Water :

495. Or, Ounce by Ounce, a Pound or a Pound and a half of *Quicksilver*.

I 34. *An Impostume.*

496. Put the White of two *Leeks* in a wet Cloth, and so roast them in Ashes, but not too much. Stamp them in a Mortar with a little *Hogs-grease*. Spread it thick Plaister-wise, and apply, changing it every Hour, 'till all the Matter be come out, which it will be in three Times. I.

I 35. *Pain in the Joints.*

497. Drink Decoction of *Herb Robert*, and apply as a Poultice.

I 36. *The Itch. **

498. Wash the Parts affected with *strong Rum*: Tried.

499. Or, with strong Decoction of *Dock root* for nine or ten Days :

500. Or, of *Hyssop*, four or five Days :

501. Or, anoint them with *black Soap* :

H

502. Or,

* This Distemper, is nothing but a Kind of very small Lice which burrow under the Skin. Therefore inward Medicines are absolutely needless.—Is it possible any Physicians should be ignorant of this ?

502. Or, steep a Shirt half an Hour in a Quart of Water mixt with half an Ounce of powder'd *Brimstone*. Dry it slowly, and wear it five or six Days. Sometimes it needs repeating : Tried.
503. Or, mix Powder of *white Hellebore* with Cream for three Days. Anoint the Joints three Mornings and Evenings.—It seldom fails :
504. Or, mix a little fine *Bay Salt*, and as much *Flour of Brimstone*, with a little *sweet Oil*. Rub it well in the Palms of the Hands, and dry it in.—It commonly cures in three Days :
505. Or, beat together the Juice of two or three *Lemons*, with the same Quantity of *Oil of Roses*. Anoint the Parts affected. It cures in two or three Times using.
506. Or, mix an Ounce of *Ginger* finely powder'd with a Quarter of a Pound of fresh Butter. Use it Morning and Evening.—It cures in four or five Days.

137. *The King's Evil.* ||

507. Take as much *Cream of Tartar* as lies on a Sixpence, every Morning and Evening ;
508. Or, drink for six Weeks half a Pint of a strong Decoction of *Devils-bit* : Tried.
509. Or, of *Ground-Ivy* :

510. Or,

|| It commonly appears first, by the Thickness of the Lips ; then come hard Swellings, in the Neck chiefly : then running Sores.

510. Or, of *dead Nettles* :

511. Or, of *Colts-foot* : Mean-time, apply the Herb beaten up with powder'd *Linseed* and *Hogs-lard*, to the Sores. Renewing it twice a Day :

512. Or, use *Lime-water* for common Drink :

513. Or, the Diet-drink.—I have known this cure one whose Breast was as full of Holes as an Honey-comb :

514. Or, set a Quart of *Honey* by the Fire to melt. When it is cold, strew into it a Pound and a half of *Quick-lime* beat very fine, and searfed through a Hair Sieve. Stir this about till it boil up of itself into a hard Lump. Beat this when cold very fine, and searse it, as before. Take of this as much as lies on a Shilling in a Glas of Water every Morning fasting ; an Hour before Breakfast, at four in the Afternoon, and at going to Bed.

515. Or, take two Spoonfuls of the Juice of *Water Parsnips*, with two Spoonfuls of *Milk*, every Morning fasting, for the six Summer Months. Two Hours after, breakfast on *Water-gruel* with a little Bread.

☞ This cures the *Scurvy* in three Months.

138. *The Legs inflam'd.*

516. Apply *Fullers Earth* spread on brown Paper : It seldom fails.

517. Or, boiled *Turnips* mixt with *Mutton-suet* :

518. Or, rub them with warm Juice of *Plantane*.

139. *Legs sore and running.*

519. Wash them in *Brandy* and apply *Elder-leaves*, changing them twice a Day. This will dry up all the Sores, though the Leg were like an Honey-comb : Tried.

520. Or, Poultis them with *Rotten Apples* : Tried.

140. *The Leprosy.* †

521. Use the *cold Bath* :

522. Or, wash in the *Sea* often and long :

523. Or, wash the Parts with Juice of *Calamint* :

524. Or, mix well an Ounce of *Pomatum*, a Dram of powder'd *Brimstone*, and half an Ounce of *Sal Prunellæ* ; and anoint the Parts so long as there is Need :

525. Or, add a Pint of Juice of *Houfeleek*, and half a Pint of *Verjuice*, to a Pint and a Half of Posset-drink. Drink up this in twenty-four Hours.— It cures also the Quinsy, and all Sorts of white Swellings on the Joints :

526. Or, drink half a Pint of *Cellery-whey*, Morning and Evening. This has cured in a most desperate Case :

527. Or, drink for a Month a Decoction of *Elm Bark*, Morning and Evening :

528. Or, of *Burdock-leaves*. Tried.

141. *The*

† In this Disease the Skin in many Parts is covered with rough, whitish, scaly Pustules, and if these are rubb'd off, with a Kind of scaly Scurf.

141. *The Lethargy.*

529. Snuff strong *Vinegar* up the Nose :
 530. Or, Powder of *white Hellebore* :
 531. Or, take half a Pint of Decoction of *Savoury*,
 Morning and Evening :
 532. Or, of Infusion of *Water-Cresses*.

142. *Lice (to kill.)*

533. Sprinkle *Spanish Snuff* over the Head :
 534. Or, wash it with a Decoction of *Amaranth*.
 143. *For one seemingly killed with Light-*
ning, a Damp, or Suffocated.
 535. Plunge him immediately into *cold Water* :
 536. Or, blow strongly with Bellows down his
 Throat. This may recover a Person seemingly
 drowned.

144. *Lues Venerea.*

537. Take an Ounce of *Quicksilver* every Morning,
 and a Spoonful of *Aqua Sulphurata* in a Glass of
 Water at Five in the Afternoon. I have known
 a Person cured by this, when supposed to be at
 the Point of Death, who had been infected by a
 foul Nurse, before he was a Year old —I insert
 this for the Sake of such *innocent Sufferers*.

145. *Lunacy.*

538. Give Decoction of *Agrimony* four Times a Day :
539. Or, rub the Head several Times a Day with *Vinegar*, in which *Ground-ivy-leaves* have been infused :
540. Or, boil Juice of *Ground-ivy* with *sweet Oil* and *white Wine* into an Ointment. Shave the Head, anoint it therewith, and chafe it in warm, every other Day for three Weeks. Bruise also the Leaves and bind them on the Head, and give three Spoonfuls of the Juice warm every Morning.—This generally cures Melancholy :
541. Or, *Electrify*. Tried.

146. *Raging Madness.* *

542. Apply to the Head Cloths dipt in *cold Water* :
543. Or, set the Patient with his Head under a great *Water-fall*, as long as his Strength will bear : Or, pour Water on his Head out of a Tea-kettle :
544. Or, let him eat nothing but *Apples* for a Month :
545. Or, nothing but Bread and *Milk* : Tried.

147. *The Bite of a mad Dog.*

546. Plunge into *cold Water* daily for twenty Days, and keep as long under it as possible. This has cured,

* It is a sure Rule, that all Madmen are Cowards, and may be conquered by binding only, without beating.—Dr. Mead.

cured, even after the *Hydrophobia* was begun. ||

547. Or, mix *Ashes of Trefoil* with *Hogs-lard* and anoint the Part as soon as possible. Repeat this twice or thrice at Six Hours Distance. This has cured many, and particularly, a Dog bit on the Nose by a Mad Dog.

548. Or, as soon as bitten, moisten a Spoonful or two of *Salt* with *Water*; but do not make it quite fluid. Rub some of it into the Wound, and repeat this three or four Times a Day for ten Days, binding likewise Part of it on the Wound.

Spirit of Salt, a little diluted with *Water*, has the same Effect, if it be applied to the Wound immediately, and for several Days.

549. *Galen* says, none ever failed of a Cure who took two Spoonfuls of *Ashes of Craw-Fish* daily for forty Days :

550. Or, apply Juice of *Dragons blood* mixt with *Vinegar*, outwardly, and drink of the same Morning and Evening, five or six Days :

551. Or, mix powder'd *Liver-wort* four Drams, *black Pepper* two Drams. Divide this into four Parts, and take one in *warm Milk* for four Mornings fasting. Dr. *Mead* affirms, he never knew this fail.

552. Or, take two or three Spoonfuls of the Juice of *Ribwort*, Morning and Evening, as soon as possible after the Bite. Repeat this for two or three Changes of the Moon. It has not been known to fail.

148. *The*

|| If this is really a Nervous Disorder, what Wonder, if it should be cured by *Cold Bathing*?

148. *The Measles.**

553. Drink only thin *Water-gruel*, or *Milk* and *Water*, the more the better; or, *Toast* and *Water*.
554. If the Cough be very troublesome, take frequently a Spoonful of *Barley-Water* sweetened with *Oil of sweet Almonds* newly drawn, mixt with Syrup of *Maiden-hair*.
555. After the Measles, for some Weeks, take Care of catching Cold, use light Diet, and drink *Barley-water*, instead of *Malt-Drink*.

149. *Menses Obstructed.*

556. Be electrified : Tried.
557. Or, take half a Pint of strong Decoction of *Penny-royal* every Night at going to Bed :
558. Or, a Spoonful of Juice or Syrup of *Brook-lime*, Morning and Evening :
559. Or, a Tea-Spoonful of *Columbine-seeds*, powder'd, thrice a Day :
560. Or, boil five large Heads of *Hemp* in a Pint of *Water* to half. Strain it, and drink it going to Bed, two or three Nights. It seldom fails. Tried.
561. Or, take from eight to twelve Grains of *Calomel*, in a Pill, for two or three Nights, taking Care not to catch Cold. It vomits and purges : Tried.
562. Or, pour twelve Ounces of rectified Spirits of *Wine* on four Ounces of Roots of *Black Hellebore*, and

* This Distemper is always preceded by a violent Cough, often fourteen Days before the red Spots come out.

and let it stand in a warm Place twenty-four Hours. Pour it off and take from thirty to forty Drops in any Liquid fasting. It is good likewise in the Green Sickness, in all Hypochondrical Cases, and in obstinate Madness.

563. Or, burn a little *Sulphur of Antimony* on a Chafing-Dish of Coals, and receive the Smoke by a Funnel. In a few Minutes it will take Effect.

✍ Let any of these Medicines be used at the regular Times as near as can be judged.

150. *Menses Nimii.*

564. Drink nothing but *cold Water*, with a Spoonful of fine *Flour* stirred in it. At that Time, drink a Glass of the coldest Water you can get, and apply a thick Cloth dipt in cold Water :

565. Or, put the Feet into *cold Water* :

566. Or, apply a Sponge dipt in *Red Wine* and *Vinegar* :

567. Or, bleed in the Arm. Stop the Orifice often with the Finger, and then let it bleed again :

568. Or, boil four or five Leaves of the *Red Holy-Oak* in a Pint of Milk, with a small Quantity of Sugar. Drink this in the Morning ; if the Person can afford it, she may add a Tea-spoonful of *Balm of Gilead*.—This does not often fail :

569. Or, after a small *Rhubarb* Purge, boil the Peel of seven *Seville Oranges* in three Pints of Spring Water to a Quart. Take ten Spoonfuls sweetened with white Sugar, four Times a Day :

570. Or,

570. Or, use daily Decoction, Syrup, or Powder of *Horse-tail*, *Nettles*, or *Plantane*.

571. Or, reduce to a fine Powder half an Ounce of *Alum*, with a Quarter of an Ounce of *Dragon's-blood*. In a violent Case, take a Quarter of a Dram every half Hour. It scarce ever fails to stop the Flux, before half an Ounce is taken. This also cures the *Whites*.

572. Or, take about Six in the Evening, five or six Ounces of the *Juice* of *Nettles*, and apply below the Navel, a Poultis of the same *Juice* and *Wheat-flour*. If need be, repeat both at Midnight.

151. To resolve Coagulated Milk.

573. Cover the Woman with a Table cloth, and hold a Pan of *hot Water* just under her Breast: then stroke it three or four Minutes. Do this twice a Day, 'till it is cured.

152. To increase Milk.

574. Drink a Pint of *Water*, going to Bed :

575. Or, drink largely of *Pottage* made with *Lentils*.

153. To make Milk agree with the Stomach.

576. If it lie heavy, put a little *Salt* in it; if it curdle, *Sugar*. For bilious Persons, mix it with *Water*.

154. Ner-

154. *Nervous Disorders,*

77. Are of two Kinds; 1. Those which proceed from the Nerves being compress'd by the Swelling of the muscular Flesh: Or, 2. When the Nerves themselves are disorder'd. In the former Case, Temperance and Abstemiousness will generally cure: In the latter, when the Nerves perform their Office too languidly, a GOOD AIR is the first requisite. The Patient also should rise early, and as soon as the Dew is off the Ground walk: Let his Breakfast be *Mother of Thyme Tea*, gather'd in *June*, using half as much as we do of common Tea. It should be drunk with the finest Sugar; and Cream may be added if he please: Coffee must be avoided. When the Nerves are too sensible, let the Person breathe a proper Air. Let him eat Veal, Chickens, or Mutton. Vegetables should be eat sparingly; the most innocent is the French Bean whilst young, and the best Root the Turnip. Wine should be avoided carefully: So should all Sauces. Sometimes he may breakfast upon a Quarter of an Ounce of the Powder of *Valerian-root* infus'd in hot Water, to which he may add Cream and Sugar. Tea is not proper. When the Person finds an uncommon Oppression, let him take a large Spoonful of the Tincture of *Valerian-root*.

the The Tincture should be made thus. Cut to Pieces six Ounces of wild *Valerian* root gather'd in *June*, and fresh dried. Bruise it by a few Strokes in a Mortar, that the Pieces may be split, but it should not be beat into a Powder: Put this into a Quart of strong white Wine: cork the Bottle and let it stand three

three Weeks, shaking it every Day; then press it out and filtre the Tincture thro' Paper.

578. Take also as much as will lie on a Shilling of the Powder of *Mistletoe*, twice a Day, when the Stomach is most empty, fasting two Hours after it; then once a Day, and afterwards every other, or every third Day, 'till there is no more Need of Medicines.

☞ *Let this Plant be gather'd in May, and the Leaves and Bark dried carefully in the free Air, without Sun, till they are brittle. Let them then be reduced to a fine Powder, and kept in that Form.*

Dr. Hill.

579. But I am firmly persuaded, there is no Remedy in Nature, for Nervous Disorders of every Kind, comparable to the proper and constant Use of the *Electrical Machine*.

155. *Old Age.*

580. Take *Tar-water* Morning and Evening: Tried.
581. Or, Decoction of *Nettles*: Either of these will probably renew the Strength for some Years.
- 582: Or, be *electrified* daily.

156. *An old stubborn Pain in the Back.*

583. Steep Root of *Water-Fern* in Water, till the Water become thick and clammy. Then rub the Parts therewith Morning and Evening.

157. *The*

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157. *The Palsy.* *

584. Be *electrified* daily for three Months, from the Places where the Nerves spring, which are brought to the Paralytic Part. If the Parts beneath the Head are affected, the Fault is in the spinal Marrow. If half the Body, half the Marrow is touched. A Palsy may be cured in Spring or Summer, but rarely in Winter.

585. Or, use the *cold Bath*, if you are under Fifty, rubbing and sweating after it :

586. Or, shred *white Onions*, and bake them gently in an earthen Pot, 'till they are soft, spread a thick Plaister of this, and apply it to the benum'd Part, all over the Side, if need be : Tried.

587. Or, take *Tar-water*, Morning and Evening

588. Or, boil *white* and *red Sage*, a Handful of each in a Quart of *white Wine*. Strain and bottle it. Take a small Glass Morning and Evening. This helps all Nervous Disorders :

589. Or, apply to the Parts boil'd *Sage-leaves* hot ; and drink Decoction of *Sage* Morning and Evening :

590. Or, of *Water-dock*, applying the *boil'd Leaves*.

158. *Palsy of the Hands.*

591. Wash them often in Decoction of *Sage* as hot as you can bear :

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592. Or,

* A *Palsy* is the Loss of Motion or Feeling, or both, in any particular Part of the Body.

592. Or, boil a Handful of *Elder-leaves*, and two or three Spoonfuls of *Mustard-seed* in a Quart of Water. Wash often in this, as hot as may be.

159. *Palsy of the Mouth.*

593. After Purging well, chew *Mustard-seed* often :

594. Or, hold in your Mouth half an Ounce of *Spirit of Lavender* :

595. Or, gargle with Juice of *Wood-sage*.

160. *Palsy from working with White Lead or Verdigrease.*

596. Use warm Baths and a Milk-Diet.

161. *The Palpitation or Beating of the Heart.*

597. Drink a Pint of *cold Water* :

598. Or, apply outwardly a Rag dipt in *Vinegar* :

599. Or, be *electrified* : Tried.

600. Or, take a Decoction of *Mother-wort* every Night.

162. *The Piles (to prevent.)*

601. Wash the Parts often with *cold Water*.

163. *The*

163. *The Piles (to cure.)*

602. Apply warm *Treacle* :

603. Or, a *Tobacco-leaf* steep'd in Water twenty-four Hours :

604. Or, a Poultis of boil'd *Brook-lime*. It seldom fails :

605. Or, a bruised *Onion* skin'd ; or roasted in Ashes. It perfectly cures the dry Piles :

606. Or, *Leeks* fried in Butter :

607. Or, *Varnish*. It perfectly cures both the blind and bleeding Piles : Tried.

608. Or, fumigate with *House-leek*, boiled in white Wine.

609. Or, with *Vinegar*, wherein red hot *Flints* have been quenched. This softens even schirrhus Tumours.

164. *The Inward Piles.*

610. Drink largely of *Treacle* and *Water* :

611. Or, swallow a Pill of *Pitch*. One Pill usually cures the bleeding Piles.

612. Or, drink a Spoonful of Juice of *Yarrow*, or of *Leeks*, three or four Mornings : Tried.

613. Or, Take from one to two Drams of *Flour of Brimstone* twice a Day in a Cup of Water-Gruel.

165. *Violent bleeding Piles.*

614. Lightly boil Juice of *Nettles*, with a little *Sugar* : Take two Ounces. It seldom needs repeating.

166. *The Plague (to prevent.)*

615. Eat *Marigold Flowers* daily, as a Sallad, with *Oil* and *Vinegar* :
616. Or, a little of the Tops of *Rue*, with Bread and Butter, every Morning :
617. Or, infuse *Rue*, *Sage*, *Mint*, *Rosemary*, *Worm-wood*, of each a Handful, in two Quarts of the sharpest *Vinegar*, over warm Embers for eight Days. Then strain it through a Flannel, and add half an Ounce of *Camphire*, dissolved in three Ounces of rectified *Spirits of Wine*. With this wash the Loins, Face, and Mouth, and snuff a little up the Nose when you go abroad. Smell to a Sponge dipt therein, when you approach infected Persons or Places.

167. *The Plague (to cure.)*

618. *Cold Water* alone, drank largely, has cured it :
619. Or, an Ounce or two of the Juice of *Mari-golds* :
620. Or, take a Dram of *Angelica* powder'd every six Hours. It is a strong Sweat :
621. Or, after bleeding fifty or sixty Ounces, drink very largely of *Water* sharpened with Spirit of *Vitriol* :
622. Or, a Draught of *Brine* as soon as seized; sweat in Bed; take no other Drink for some Hours.
623. Use *Lemon-juice* largely in every Thing.

168. *The Pleurisy.* *

624. Apply to the Side *Onions* roasted in the Embers, mixt with *Cream* :

625. Or, take half a Dram of *Soot* :

626. Or, take out the Core of an Apple, fill it with white *Frankincense* ; stop it close with the Piece you cut out, and roast it in Ashes. Mash and eat it. *I.*

627. Or, a Glass of *Tar-water*, warm, every half Hour :

628. Or, of Decoction of *Nettles* ; and apply the Herb hot, as a Poultis : Tried.

629. Or, a Plaister of *Flour of Brimstone* and *White of an Egg* : Tried.

169. *To one Poison'd.*

630. Give one or two Drams of *distill'd Verdigrease* : It vomits in an Instant :

631. Let one poison'd with *Mercury Sublimate*, dissolve an Ounce of *Salt of Wormwood* in a Gallon of Water, and drink largely of it. This will intirely destroy the Force of the Poison, if it be used soon.

632. Nothing cures the *African Poison*, but a Decoction of the Roots of the *Sensitive Plant*.

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170. Po-

* A *Pleurisy* is a Fever attended with a violent Pain in the Side, and a Pulse remarkably hard.

170. *Polypus in the Nose.*

633. Powder a Lump of *Alum* and snuff it up frequently. Then dissolve powder'd *Alum* in *Brandy*; dip Lint therein, and apply it, at going to Bed.

171. *A Prick or Cut that fester.*

634. Apply *Turpentine*.

172. *An easy Purge.*

635. Drink a Pint of warmish *Water* fasting, walking after it :
636. Or, infuse from half a Dram to two Drams of *Damask Rose-leaves* dried, in half a Pint of warm *Water* for twelve Hours :
637. Or, infuse thee Drams of *Sena*, and a Scruple of *Salt of Tartar*, in half a Pint of River *Water* for twelve Hours. Then strain and take it in the Morning.
638. *Wild-Ash* is a Plant of the very same Nature with *Sena*, but of greater Virtue. Its Leaves taken in the same Quantity purge full as well, and do not gripe as *Sena* does. It is therefore far preferable to that which is brought from *Turkey* or *Italy*.

173. *A stronger Purge.*

639. Drink half a Pint of strong Decoction of *Dock-root* :

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640. Or, two Drams of the powder'd Root of *Monks Rhubarb*, with a Scruple of *Ginger*.

174. *The Quinsy*. *

641. Apply a large White-bread Toast, half an Inch thick, dipt in *Brandy*, to the Crown of the Head, 'till it dries :

642. Or, drink a Quart of cold Water lying down in Bed :

643. Or, swallow slowly *white Rose-water*, mixt with Syrup of *Mulberries* : Tried.

644. Or, Juice or Jelly of *black Currants*, or Decoction of the Leaves or Bark.

175. *The Rheumatism*. †

645. Use the *cold Bath*, with Rubbing and Sweating :

646. Or rub in warm *Treacle*, and apply to the Part a brown Paper smeared therewith : Change it in twelve Hours : Tried.

647. Or, drink very largely of warm Water in Bed :

648. Or, *Tar-water* Morning and Evening.

649. Or, steep six or seven Cloves of *Garlick*, in half a Pint of white Wine. Drink it lying down. It sweats, and frequently cures at once :

650. Or,

* The *Quinsy* is, A Fever attended with Difficulty of Swallowing, and often of Breathing.

† Rheumatical Pains are generally most violent as soon as you are warm in Bed.

650. Or, mix Flour of *Brimstone* with *Honey*, equal Quantities. Take three Tea-spoonfuls at Night two in the Morning ; and one afterwards Morning and Evening, 'till cured. This succeeds oftener than any Remedy I have found :

651. Or, take Morning and Evening, as much *Lignum Guaiacum* powder'd, as lies on a Shilling:

652. Or, as much *Flour of Sulphur*, washing it down with Decoction of *Lignum Guaiacum* :

653. Or, live on *New Milk Whey* and *white Bread* for fourteen Days. This has cured in a desperate Case.

654. Or, pound the green Stalks of *English Rhubarb* in *May*, with an equal Quantity of lump *Sugar*. Take a Nutmeg of this three or four Times a Day.

176. To restore the Strength after a Rheumatism.

655. Make a strong Broth of *Cow heels*, and wash the Parts with it warm twice a Day. It has restored one who was quite a Cripple, having no Strength left either in his Leg, Thigh, or Loins.

177. The Rickets (to prevent or cure.)

656. Wash the Child every Morning in cold Water.

178. Ring Worms.

657. Apply rotten *Apples* :

658. Or

658. Or, rub them with *Oil of Paper* :

659. Or, with Juice of *House-leek* :

660. Or, wash them with Decoction of *Soap-wort* or *Hungary-water* camphorated.

179. *Running at the Nose.*

661. Snuff up a Tea-spoonful of Spirit of *Harts-horn*.

180. *A Rupture.*

662. Foment with hot *Aqua-vitæ* for two Hours :

663. Take *Agrimony*, *Spleen-wort*, *Solomon's-Seal*, *Strawberry-roots*, a Handful each ; pick and wash them well ; stamp and boil them two Hours, in two Quarts of white Wine in a Vessel close stoppt. Strain and drink a large Glass of this every Morning, and an Hour after drink another. It commonly cures in a Fortnight. A good Truss mean Time is of great Use.

664. " I Place, says Dr. *Riviere*, a broad Plank sloping from the Side of the Bed to the Ground. On this I lay the Patient upon Pillows, with his Head downward. Then I foment the Part for half an Hour, with Cloths four Times doubled steeped in cold Water, gently touching it with my Fingers. Afterwards I bind on it a many-times doubled Cloth, shaped like a Triangle, wet in cold Water. The Gut is generally restored to its Place in a few Hours. If not, I repeat the Operation twice a Day, and in two or three Days the Disease is cur'd."

181. *A*

181. *A Fresh Rupture.*

665. Take Decoction of *Plantane-leaves*, Morning and Evening :

666. Or, dry a Spoonful of *Plantane-seed* by the Fire ; boil it in Milk, and take half a Pint every Morning.

182. *A Rupture in Children.*

667. Boil a Spoonful of *Egg-shells* dried in an Oven, and powder'd, in a Pint of Milk to three Quarters of a Pint. Feed the Child constantly with Bread boil'd in this Milk.

183. *A Windy Rupture.*

668. Warm *Cow-Dung* well. Spread it thick on Leather, strewing some *Cummin-seeds* on it, and apply it hot. When cold put on a new one. It commonly cures a Child (keeping his Bed) in two Days.

184. *A Scald Head.*

669. Anoint it with *Barbadoes-Tar* :

670. Or, with *Yarrow Ointment* made with *Goose-Grease* :

671. Or, apply daily *White-Wine Vinegar*. Tried.

185. *The*

185. *The Sciatica.* *

672. Is certainly cured by a Purge taken in a few Hours after it begins :
673. Or use *cold Bathing*, and sweat, together with the Flesh-brush twice a Day :
674. Or, apply Leaves of *Ranunculus* bruised, for six Hours :
675. “ Many have been cured in four or five Days, only by drinking half a Pint of *cold Water* daily, in the Morning, and at four in the Afternoon.”
676. Or, apply pounded Roots of *Burdock* and of *Elecampane* cold. This usually cures, if kept on twenty-four Hours ; but it gives Pain :
677. Or, boil *Nettles* ’till soft. Foment with the Liquor, then apply the Herb as a Poultis.—I have known this cure a *Sciatica* of forty-five Years standing :
678. Or, boil *Calamint* ; apply this as a Poultis, shifting it daily. Mean time drink a Decoction of it Morning and Evening.
679. Or, apply Flannels dipt in *sale Lie*, boil’d with Salt as hot as you can bear, for an Hour :
680. Or, a Mud made of powder’d *Pitcoal* and Water. This also cures Palsies, Weakness of the Limbs, most Disorders of the Legs and Swellings and Stiffness of the Joints. It cured a Swelling of the Elbow Joint, tho’ accompanied with a Fistula, arising from a Caries of the Bone.

186. *In-*

* The *Sciatica* is a violent Pain in the Hip, chiefly in the joint of the Thigh Bone.

186. *Inflammations or Swelling of the Scrotum.*

781. Wash it thrice a Day with strong Decoction of *Agrimony*.

187. *A Scorbutick Atrophy.* *

682. Use *cold Bathing* : Which also cures all

188. *Scorbutick Pains.*

189. *Scorbutick Sores.*

683. Put half a Pound of fresh shav'd *Lignum Guaiacum*, and half an Ounce of *Sena* into an Earthen Pot, that holds six Quarts. Add five Quarts of soft Water, and lute the Pot close. Set this in a Kettle of cold Water, and put it over a Fire, 'till it has boiled three Hours. Let it stand in the Kettle 'till cold. When it has stood one Night drink daily half a Pint, new Milk-warm, fasting, and at Four in the Afternoon. Wash with a little of it. In three Months all the Sores will be dried up. Tried.

190. *The Scurvy.* †

684. Live on *Turnips* for a Month :

685. Or, an entire *Milk Diet*, for six Months :

686. Or,

* Such a Degree of *Scurvy*, as causes the Flesh to waste away like a *Consumption*.

† The *Scurvy* is known by Heaviness of Body, Weariness, Rotteness of Gums, and Yellow, Lead or Violet-colour'd Spots on the Legs.

686. Or, take *Tar-water* Morning and Evening, for three Months :

687. Or, Infusion of *Horfe-radish*.

688. Or, Decoction of great *Water-dock*. Perhaps there is not in Nature, a more effectual Plant for the Scurvy than *Water-dock* : Especially when it appears in cutaneous Eruptions. But sometimes it requires Patience. The best Way of making the Decoction is this : Put half a Pound of the Bark from the Root in an earthen Vessel. Pour on it Six Pints of Rain-water, and boil it gently, till a Quart is wasted. Then keep it in a cool Place for Use. You may drink half a Pint warm two, three or four Times a Day. It cures also Relaxation, or Wind at the Stomach, and all Disorders proceeding therefrom. It cures all Diseases of the Nerves, as Twitchings, Contractions, Tremblings, Convulsions, Palsies, febrile Heats and Colds, Head-achs, Vertigos, Vapours, Melancholy.

689. Or, three Spoonfuls of *Nettle Juice* every Morning :

690. Or, infuse dried *Dock-roots* in your common Drink :

691. Or, use Infusion or Powder of *Wall-rue*, Morning and Evening.—See Art. 515.

692. Or, pound into a Pulp *Sevil Oranges* sliced, Rind and all, and Powder Sugar, equal Quantities. Take a Tea-spoonful three or four Times a Day : Tried.

693. Or, squeeze the Juice of half a *Sevil Orange* into a Pint of Milk over the Fire. Sweeten the Whey with Loaf-Sugar, and drink

it every Morning, new Milk warm: To make any Whey, Milk should be skim'd, after it is boiled.

694. Or, boil *Scurvy-grafs* and *Sorrel* in Broth, and feed upon it daily.

695. Water and Garden Cresses, Mustard, and Juice of *Scurvy-grafs* help in a cold Scurvy :

696. When there is a continual salt Taste in the Mouth, take a Pint of *Lime-water* Morning and Evening.

191. *A Broken Skin.*

697. Bind a dry *Oak-leaf* upon it.

192. *The Shingles.* *

698. Drink *Sea-water* every Morning for a Week ; toward the Close, bathe also.

193. *Sickness in the Morning.*

699. Eat nothing after Six in the Evening.

194. *Sinew shrunk from a Cut.*

700. Rub it every Morning with *fasting Spittle*. Tried.

195. *Skin rubb'd off.*

701. Apply pounded *All-heal*.—It seldom needs repeating.

196. *The*

* A Kind of *Ring-Worm*, which incircles the Body, like a Belt, of an Hand's Breadth.

196. *Small Pox.*

702. Drink largely of *Toast* and *Water* :
703. Or, let your whole Food be *Milk* and *Water*,
mixt with a little white Bread : Tried.
704. Or, *Milk* and *Apples* :
705. Take Care to have a free, pure, and cool
Air. Therefore open the Casement every Day,
only do not let it chill the Patient :
706. If they strike in, and Convulsions follow,
drink a Pint of *cold Water* immediately. This
instantly stops the Convulsions, and drives out
the Pock : Tried.

197. *A long running Sore in the Back,*

707. Was entirely cured by eating *Betony* in every
Thing.

198. *A Sore Mouth.*

708. Apply the White of an *Egg*, beat up with
Loaf-Sugar :
709. Or, gargle with Juice of *Cinquefoil* :
710. Or, boil together a Pound of *Treacle*, three
Yolks of Eggs, an Ounce of *Bole-Armoniac* and
a Nutmeg of *Alum*, a Quarter of an Hour. Ap-
ply this to the sore Part, or to an aching Tooth,
Tried.

199. *A Sore Throat.*

711. Take a Pint of *cold Water* lying down in Bed :
Tried :
712. Or, apply a Chin-stay of *roasted Figs* :
713. Or, a Flannel sprinkled with Spirits of *Harts-*
horn

born to the Throat, rubbing *Hungary-water* on the Top of the Head : Tried.

714. Or, snuff a little *Honey* up the Nose. 727

715. An old sore Throat was cured by living wholly on *Apples* and *Apple-water*.

200. *A Sprain.*

716. Hold the Part in very cold *Water* for two Hours : Tried. 728

717. Or, apply Cloths dipt therein, four Times doubled, for two Hours, changing them as they grow warm : 729

718. Or, bathe it in good *Crab-verjuice* : 730

719. Or, steep it with one Spoonful of *Brandy*, two of *Vinegar*, and four of *Water* : 731

720. Or, boil *Bran* in *Wine Vinegar* to a Poultis. Apply this warm, and renew it once in twelve Hours : 732-733-734

721. Or, boil eight Ounces of *Castile-soap* and as much *Bay-salt* in four Quarts of *Water*. Put the Part sprained into this for half an Hour ; or, foment with it : 205

722. Or, mix a little *Turpentine* with Flour and the Yolk of an Egg ; and apply it as a Plaister. This cures in a desperate Case. 735

723. *Weakness* remaining after a Sprain, is cured by fomenting the Part daily with *Beef-brine*. E

201. *A venemous Sting.*

724. Apply a little *Venice Treacle* : 736

725. Or, a Poultis of bruised *Plantane* and *Honey* :

726. Or, take inwardly, one Dram of *black Currant-leaves* powder'd. It is an excellent Counterpoison. 737

202. *The*

202. *The Sting of a Bee.*

727. Apply *Honey*.

203. *The Sting of a Nettle.*

728. Rub the Part with Juice of *Nettles*.

204. *The Sting of a Wasp.*

729. Rub the Part with bruised Leaves of *House-leek*.

730. Or, of *Water-Cresses* :

731. Or, of *Rue* :

732. Or, apply *Venice Treacle* :

733. Or, Common *Treacle* :

734. Or, bruised *Onions*.

205. *The Sting of a Bee or Wasp in the Eye.*

735. Apply *Carduus* bruised, with the White of an Egg. Renew it if it grows dry.

206. *A Stitch in the Side.*

736. Apply *Treacle* spread on a hot Toast. Tried.

207. *Frequent or violent Stitches.*

737. Drink Decoction of *Nettles*, and apply the Herbs hot : Tried.

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738. Or,

738. Or, boil two or three Sprigs of *Penny-royal* in a Pint of Milk. Drink the Milk and apply a Poultis of the Herbs hot :

739. Or, take a Tea-spoonful of *Irish Slate* finely powder'd.

208. *Accidental Sickness, or Pain in the Stomach.*

740. Vomit with a Quart or more of *warm Water*. Do this twice or thrice, omitting a Day between.

209. *Pain in the Stomach from bad Digestion.*

741. Take fasting, or in the Fit, half a Pint of *Camomile Tea*. Do this five or six Mornings :

742. Or, drink the Juice of half a large *Lemon* immediately after Dinner every Day :—*Dr. Mead*.

743. Or, from twenty to forty Drops of *Elixir* of *Vitriol* in *Sage Tea*, twice or thrice a Day :

744. Or, in the Fit, a Glass full of *Vinegar*.

210 *Choleric, Hot Pains in the Stomach.*

745. Take half a Pint of the Decoction of *Ground-Ivy*, with a Tea-spoonful of the Powder of it, five or six Mornings. I.

211. *Coldness*

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211. *Coldness of the Stomach.*

746. Take a Spoonful of the Syrup of the Juice of *Cardus Benedictus*, fasting, for three or four Mornings. I.

212. *Pain in the Stomach, with Coldness and Wind.*

747. Swallow five or six Corns of *white Pepper*, for six or seven Mornings. Tried.

213. *The Stone (to prevent.)*

748. Eat a Crust of *dry Bread* every Morning: Tried.

749. Or, drink a Pint of *warm Water* daily just before Dinner. After discharging one Stone, this will prevent the generating of another.

750. Stoop down, and raise yourself up again. If you feel Pain, as if cut through the Middle, the Pain is not from the *Stone*, but *Rheumatism*.

751. Beware of Costiveness. Use no violent Diuretics. Mead is a proper Drink.

752. In the Fit, slice a large *Onion*; pour half a Pint of warm Water upon it. After it has stood twelve Hours, drink the Water. Do this every Morning 'till you are well.

214. *In a Raging Fit.*

753. Beat *Onions* into a Pulp, and apply them as a Poultis, Part to the Back, and Part to each Groin.

Groin. It gives speedy Ease in the most racking Pain: Tried.

754. Or, apply *beated Parsly*:

755. Or, give a Clyster with Oil of *Turpentine*.

215. *The Stone (to ease or cure.)*

756. Take Decoction of *Agrimony* Morning and Evening:

757. Or, of *Camomile*:

758. Or, boil half a Pound of *Parsnips* in a Quart of Water. Drink a Glass of this Morning and Evening, and use no other Drink all the Day. It usually cures in six Weeks:

759. Or, take daily four Pints of *Lime-water*, made by pouring four Quarts of Water on a Pound of fresh calcined *Oyster-shells* and *Cockle-shells*:

760. "Or, take Morning and Evening, a Tea-spoonful of *Onions* calcined into white Ashes, in white Wine. An Ounce will often dissolve the Stone."

761. Or, take a Tea-spoonful of *Violet-seed* powdered, Morning and Evening. It both wastes the Stone, and brings it away:

762. Or, burn the dried Shells of *Kidney Beans* to Powder. Put two Tea-spoonfuls of this into a half Pint Tea-pot. Pour boiling Water on it at Night. In the Morning pour it off clear, warm it again, and drink it sweetened with *Honey*. Do this daily every other Fortnight 'till cured.

216. *The*

216. *The Stone in the Kidneys.*

763. Use the *cold Bath* :
764. Or, drink half a Pint of *Water* every Morning :
765. Or, Decoction of *Speedwell* largely :
766. Or, boil an Ounce of *Thistle-root* and four Drams of *Liquorice* in a Pint of *Water*. Drink half of it at a Time fasting.

217. *Stoppage in the Kidneys.*

767. Take Decoction or Juice or Syrup of *Ground-Ivy*, Morning and Evening :
768. Or, of *Pellitory of the Wall* :
769. Or, of Juice of *Radishes* :
770. Or, half a Pint of *Tar-water* :
771. Or, twelve Grains of *Salt of Amber* in a little *Water*.

218. *The Strangury.*

772. Use the *cold Bath* :
773. Or, drink largely of Decoction of *Turnips* sweetened with *Honey* :
774. Or, of warm *Lemonade* : Tried.
775. Or, of Decoction of *Mallows* :
776. Or, of Decoction of *red Nettle-seed* :
777. Or, take a Tea-spoonful of *calcined Egg-shells*, Morning and Evening.

219. *Sunburn*

219. *Sunburn, (smarting.)*

778. Wash the Face with *Sage-Tea*.

220. *A Surfeit.*

779. Take about a Nutmeg of the *green Tops* of *Wormwood*.

221. *To stop profuse Sweating.*

780. Drink largely of *cold Water*.

222. *To prevent it.*

781. Mix an Ounce of *Tincture of Bark* with half an Ounce of *Spirit of Vitriol*. Take a Teaspoonful Morning and Night, in a Glass of *Water*.

223. *To cure Night-Sweats.*

782. Drink a Gill of *warm Milk*, at lying down.

224. *Swelled Glands in the Neck.*

783. Take *Sea-water* every other Day.

225. *Swelled Legs.*

784. Bathe them every Morning in *cold Water*, and take an easy *Purge* twice a Week:

785. Or,

785. Or, take *Wormwood*, *Southernwood*, and *Rue*, stamp them together, and fry them in *Honey*, 'till they grow dry : Then apply them as hot as you can bear.

226 *A Swelled Throat.*

of 786. Gargle with Decoction of *Nettles* :

787. Or, of *Primrose-leaves*.

227. *A white Swelling (on the Joints.)*

788. Hold the Part half an Hour every Morning, under the Stream that falls from a Mill ; or under a Pump or Cock.—This cures also any Pains in the Joints. It seldom fails. Tried.

half 789. Or, pour on it daily a Stream of *warm Water* :

of 790. Or, a Stream of *cold Water* one Day, and warm the next, and so on by Turns :

791. Or, apply daily a Bladder filled with *warm Water*.—Use these Remedies at the first, if possible. It is likewise proper to intermix gentle Purges, to prevent a Relapse :

792 Or. apply a Poultis of *Wormwood* fried with *Hog's-lard*.

228. *To dissolve white or hard Swellings.*

793. Take *white Roses*, *Elder Flowers*, *Leaves of Fox-glove* and of *St. John's Wort*, a Handful of each : Mix with *Hog's-lard*, and make an Ointment :

794. Or,

794. Or, hold them Morning and Evening in the Steam of *Vinegar* poured on red hot *Flints*.

229. To fasten the Teeth.

795. Chew often Roots of *Brook-lime* :

796. Or, put powder'd *Alum* the Quantity of a Nutmeg, in a Quart of *Spring Water*, for twenty-four Hours. Then strain the Water and gargle with it :

797. Or, boil so much of *Alum* therein. Strain and keep it for Use :

798. Or, gargle often with *Phyllyrea-leaves* boiled with a little *Alum*, in *Forge-water*.

230. To clean the Teeth.

799. Rub them with *Ashes* of burnt *Bread*.

231. To prevent the Tooth-ach.

800. Wash the Mouth with cold *Water* every Morning : Tried.

801. Or, rub the Teeth often with *Tobacco-ashes*.

232. To cure the Tooth-ach.

802. Be *electrified* thro' the Tooth : Tried.

803. Or, apply to it an artificial *Magnet* :

804. Or, rub the Cheek a Quarter of an Hour :

805. Or,

805. Or, put a Clove of *Garlick* into the Ear :
806. Or, *Parsley* much bruised, with a little *Bay Salt* :
807. Or, a Piece of *Plantane-root*, fresh digg'd up and washed :
808. Or, lay roasted Parings of *Turnips*, as hot as may be, behind the Ear :
809. Or, put a Leaf of *Betony*, bruised, up the Nose :
810. Or, lay bruised or boil'd *Nettles* to the Cheek :
Tried.
811. Or, a Bag filled with *hot Camomile Flowers* :
812. Or, lay a Clove of *Garlick* on the Tooth :
813. Or, hold a Slice of *Apple* slightly boiled between the Teeth : Tried.
814. Or, chew the Root of the *yellow Water Flower de Luce* : I.
815. Or, gargle with Decoction of *Mulberry-leaves* :
816. Or, put into the hollow Tooth, a little Cotton, dipt in *Lucatelli's Balsam* :
817. Or, a Drop or two of *Oil of Cloves* on Cotton :
818. Or, dissolve a Dram of crude *Sal Armoniac* in two Drams of *Lemon-juice* : Wet Cotton herein and apply :
819. Or, apply to the Cheek *Gum Tacamahac* spread on Silk :
820. Or, keep the Feet in *warm Water*, and rub them well with Bran, just before Bed-time :
Tried :
- L
821. Or,

821. Or, take an Ounce of *Rob* of Elder in Broth, and gargle with it.

233. *Pain in the Testicles.*

822. Apply *Pellitory* of the *Wall* beaten up into a Poultis, changing it Morning and Evening.

234. *Testicles inflamed.*

823. Boil *Bean-flour*, in three Parts of Water, one Part *Vinegar*. Apply it as a Poultis.

235. *Extreme Thirst.*

824. Drink Spring-water, in which a little *Sal Prunellæ* is dissolved.

236. *To draw out Thorns, Splinters and Bones.*

825. Apply *Nettle-Roots* and *Salt* :

826. Or, *Turpentine* spread on *Leather*.

237. *Thrush.**

827. Mix Juice of *Celandine* with *Honey*, to the Thickness of *Cream*. Infuse a little powder'd *Saffron*: Let this simmer a-while and scum it: Apply it (when needed) with a Feather. At the

* Little whitish Ulcers in the Mouth.

the same Time give eight or ten Grains of *Rhubarb*.

238. *Torpor (or Numbness) of the Limbs.*

828. Use the *cold Bath*, with rubbing and sweating.

239. *Twisting of the Guts.*

829. Many at the Point of Death have been cured by taking one, two or three Pounds of *Quick-silver* in Water.—*Pareus*.

240. *The Tympany or Windy Dropsy.*

30. Use the *cold Bath*, with Purges intermixt :

31. Or, mix the Juice of *Leeks* and of *Elder*.
Take two or three Spoonfuls of this Morning and Evening.

241. *A Vein or Sineew cut.*

32. Apply the inner green Rind of *Hazle* fresh scraped.

42. *The Vertigo or Swimming in the Head.*

3. Take a *Vomit* or two :

4. Or, use the *cold Bath* for a Month :

L 2

835. Or,

835. Or, drop Juice of *Pimpernel* into the Ear Morning and Evening :
836. Or, in a *May* Morning about Sun-rise, snuff up daily the Dew that is on *Mallow-leaves* :
837. Or, apply to the Top of the Head, shaven, a Plaister of Flour of Brimstone, and Whites of Eggs : Tried.
838. Or, drink Morning and Evening half a Pint of Decoction of *Primrose-root* : *I.*
839. Or, of *Sage* washing also the Head therewith :
840. Or, take every Morning half a Dram of *Mustard-seed*.

243. *Vigilia, Inability to Sleep.*

841. Apply to the Forehead for two Hours, Cloth four Times doubled and dipt in *cold Water*. I have known this applied to a lying-in Woman and her Life saved thereby :
842. Or, use the *cold Bath*.—It cures even in desperate Cases :
843. Or, apply to the Head Leaves of *water Lillies*
844. Or, a Poultrice of *Henbane* and *Poppy-seeds* beaten together :
845. Or, use small Doses of *Camphire*. It is both safer and surer than *Opium* :
846. *Assa-fœtida* likewise will in most Cases have as much effect as *Opium*.

244. *Bite of a Viper or a Rattle-Snake.*

847. Apply *bruised-Garlick* :

848. Or, apply every other Day powder'd *Euphorbium*, on Lint : The other Day only a linen Bolster :

849. Or, Powder *Pit-coal* fine and searce it. Mix it into a Paste with a little Water. Apply it daily. This cures foul Bones :

850. Or, rub the Place immediately with *common Oil*. *Quere*, Would not the same cure the Bite of a *mad Dog*? Would it not be worth while, to make the Trial on a *Dog*?

851. Or, apply the Anus of a *Pigeon* to the Wound : Sometimes two are needful.

245. *To prevent the Bite of a Viper.*

852. Rub the Hands with Juice of *Radishes*.

246. *An Ulcer.*

853. Dry and powder a *Walnut-leaf*, and strew it on, and lay another *Walnut-leaf* on that :

854. Or, boil *Walnut-tree Leaves* in Water with a little Sugar. Apply a Cloth dipt in this, changing it once in two Days :

855. Or, foment Morning and Evening with a Decoction of *Walnut-tree Leaves*, and bind the Leaves on. This has cured foul Bones : Yea, and a Leprosy.

247. *An inward Ulcer.*

856. Drink *Tar-water* Morning and Evening :

857. Or, Decoction of *Pimpernel*.

248. *Ulcer in the Bladder or Kidneys.*

858. Take Decoction of *Agrimony*, thrice a Day :

859. Or, Decoction, Powder, or Syrup of *Horse-tail*.

249. *Ulcer in the Gum or Jaw.*

860. Apply *Honey of Roses* sharpened with *Spirit of Vitriol* :

861. Or, fill the *Whites of Eggs* boiled hard and slit, with *Myrrh* and *Sugar-candy* powdered. Tie them up, and hang them on Sticks lying across a Glass. A Liquid distills, with which anoint the Sores often in a Day.

250. *A Fistulous Ulcer.*

862. Apply *Wood Betony* bruised, changing it daily :

863. Or, Leaves of *Water-Dock* bruised.

251. *A Bleeding Varicous Ulcer in the Leg,*

864. Was cured only by constantly *cold Bathing*.

252. *A*

252. *A Malignant Ulcer.*

865. Foment Morning and Evening, with a Decoction of *Mint*. Then sprinkle on it finely powder'd *Rue* :
866. Or, apply Juice of *Pimpernel* boiled with the Herb.

253. *A Stubborn Ulcer.*

867. Burn to Ashes (but not too long) the gross Stalks on which the *red Coleworts* grow. Make a Plaister with this and fresh Butter. Change it once a Day.
868. Or, apply a Poultis of boil'd *Parfnips*. This will cure even when the Bone is foul.
869. Or, be *electrified* daily. Tried.

254. *An easy and safe Vomit.*

870. Boil half a Handful of *Artichoke-leaves* in a Quart of Water. The more you drink of warm Water after it the better :
871. Or, a Dram and a half of *Primrose-Root* powder'd : It is best if gather'd in *August*.
872. Or, infuse three Drams of *Radish-seed* in a Quart of warm Water for twelve Hours. Squeeze off the Water, and take it :
873. Or, pour a Dish of Tea on twenty Grains of *Ipecacuanha*. You may sweeten it, if you please. When it has stood four or five Minutes, pour the Tea off clear, and drink it.

255. *To*

255. *To stop Vomiting.*

874. If the Vomiting be not the Effect of a Medicine; after every Vomiting drink a Pint of warm Water:
875. Or, apply a large *Onion* slit, to the Pit of the Stomach: Tried.
876. Or, take a Spoonful of *Lemon-juice* and six Grains of *Salt of Wormwood*:
877. Or, infuse an Ounce of *Quicksilver* in a large Glass full of Water for twenty-four Hours. Then drink the Water: *I.*

256. *Bloody Urine.*

878. Take a Quarter of a Pint of *Sheeps Milk* twice a Day:
879. Or, half a Pint of Decoction of *Agrimony*:
880. Or, of Decoction of *Yarrow*.

257. *Urine by Drops with Heat and Pain.*

881. Drink nothing but *Lemonade*: Tried.
882. Or, beat up the Pulp of five or six roasted *Apples* with near a Quart of Water. Take it at lying down. It commonly cures before Morning.

258. *Involuntary Urine.*

883. Use the *cold Bath*:

884. Or,

884. Or, take a Tea-spoonful of powder'd *Agri-*
mony in a little Water, Morning and Evening :

885. Or, a Quarter of a Pint of *Alum-Possét-drink*,
every Night :

886. Or, foment with *Rose-leaves* and *Plantane-*
leaves boiled in Smiths Forge-water. Then
apply Plaisters of *Alum* and *Bole Armoniac*, made
up with *Oil* and *Vinegar*.

259. *Sharp Urine.*

887. Take two Spoonfuls of fresh Juice of *Ground-*
Ivy.

260. *Suppression of Urine,*

888. Is sometimes relieved by *Bleeding* :

889. Or, drink largely of warm *Lemonade* : Tried.

890. Or, a Scruple of *Nitre*, every two Hours :

891. Or, take a Spoonful of Juice of *Lemons*,
sweeten'd with Syrup of *Violets* :

892. Or, a Spoonful of Juice of *Radishes* :

893. Or, two Spoonfuls of Juice of *Onions*.

261. * *Uvula inflamed.*

894. Gargle with a Decoction of beaten *Hemp-seed* :

895. Or, with a Decoction of *Dandelion*.

262. *Uvula*

* This is usually called the Palate of the Mouth.

262. *Uvula relaxed.*

896. Bruise the Veins of a *Cabbage-leaf* and lay it hot on the Crown of the Head. Repeat, if needed, in two Hours.—I never knew it fail.
897. Or, gargle with Decoction of *Water-dock* :
898. Or, with an Infusion of *Mustard-seed*.

263. *Warts.*

899. Rub them daily with a *Radish* :
900. Or, with Juice of *Dandelion* :
901. Or, of *Marigold Flowers* :
902. Or, Water in which *Sal Armoniac* is dissolved:
903. Or, anoint them four or five Times with the *Milk* of a *Fig-tree* :
904. Or, apply bruised *Purslane* as a Poultis, changing it twice a Day. It cures in seven or eight Days.

264. *Weakness in the Ankles.*

905. Hold them in *cold Water* a Quarter of an Hour, Morning and Evening.

265. *A soft Wen.*

906. Wrap Leaves of *Sorrel* in a wet Paper, and roast them in the Embers. Mix it with finely-sifted *Ashes* into a Poultis. Apply this warm daily.
907. Dr.

907. Dr. *Riviere* says, "I cured a Wen as big as a large Fist, thus: I made an Instrument of hard Wood, like the Stone with which the Painters grind their Colours on a Marble. With this I rubbed it half an Hour twice a Day. Then I laid on a supperating Plaister very hot, which I kept on four or five Days. The Wen supperated and was open'd. Afterward all the Substance of it turned into Matter and was evacuated. Thus I have cured many since."

266. *The Whites.*

908. Feed sparingly. Use Exercise constantly. Sleep moderately, but never lying on your Back:

909. Take eight Grains of *Jalap* every eight Days. This usually cures in five Weeks:

910. Or, first bleed. Then purge thrice with twenty Grains of *Rhubarb* and five of *Calomel*:

911. Or, boil four or five Leaves of the *white Holy Oak*, in a Pint of Milk with a little Sugar. Then add a Tea-spoonful of *Balm of Gilead*. Drink this every Morning.—It rarely fails.

912. Or, boil an Handful of *Dead Nettle-Flowers*, and a Dram of *Cinnamon* in half a Pint of Milk. Drink half of it every Night and Morning:

913. Or, make *Venice Turpentine*, *Flour* and *fine Sugar*, equal Quantities, into small Pills. Take three or four of these Morning and Evening. This also cures most Pains in the Back:

914. Or, in a Quarter of a Pint of Water, wherein three Drams of *Tamarinds* and a Dram of *Lentisk-wood* has been boiled, when cold, infuse
Sena,

Sena, a Dram, *Coriander-seed* and *Liquorice* a Dram and half each. Let them stand all Night. Strain the Liquor in the Morning, and drink it daily two Hours before Breakfast :

915. Or, take *Quicksilver* and *Aqua Sulphurata*, as for an Asthma.—This seldom fails :

916. Or, after Purging, take about fifteen Grains of *Ceruse of Antimony* in *white Wine*, twice or thrice a Day. See *Menses Nimii*.

267. *A Whitlow.*

917. Apply *Treacle* : Tried.

918. Or, *Honey* and *Flour* : Tried.

919. Or, a Poultis of *chew'd Bread*. Shift it once a Day :

920. Or, a Plaister of *Ground Ivy* stampt.

268. *Worms.**

921. Take a Spoonful of *Salt* in a Glass of *Water* every Morning :

922. Or, a Tea-cup full of strong Infusion of *Peach-leaves*, sweetned with *Honey*, fasting an Hour after :

923. Or, a Dram and a Half of *Nitre* in *Broth* : *I.*

924. Or, a Spoonful of Juice of *Spear-mint* :

925. Or,

* A Child may be known to have the Worms, by Chillness, Paleness, hollow Eyes, Itching of the Nose, Starting in Sleep, and an unusually stinking Breath.—Worms are never found in Children that live wholly on Milk.

925. Or, of Juice of *Lemons* :
926. Or, a Glafs of *Onion Water* :
927. Or, boil an Ounce of *Quick-silver* in half a Pint of Spring Water. Use this for common Drink :
928. Or, take two Tea-spoonfuls of *Worm seed*, mixt with *Treacle* for fix Mornings :
929. Or, a Dram of powder'd *Fern-root* boil'd in *Mead*. This kills both the flat and round Worms. Repeat the Medicine from Time to Time.

269. *Flat Worms.*

930. Take *Filings of Tin* and *red Coral*, of each an equal Quantity: Pound them together into a very fine Powder: Of which one Dram, made into a Bolus with *Conserve of the Tops of Sea-Wormwood*, is to be taken twice a Day.

270. *Wounds.*

931. Apply Juice or Powder of *Yarrow* : I.
932. Or, bind Leaves of *Ground-Ivy* upon it :
933. Or, bruised *Hyssop*, with a little Sugar :
934. Or, *Wood-betony* bruised. This quickly heals even cut Veins and Sinews, or draws out Thorns or Splinters :
935. Or, keep the Part in *cold Water* for an Hour, keeping the Wound closed with your Thumb. Then bind on the thin Skin of an *Egg-shell* for Days or Weeks, 'till it falls off of itself. Regard not tho' it prick or shoot for a Time.

M

271. *Contused*

271. *Contused or lacerated Wounds.*

936. Boil half an Ounce of fine *Verdigrease* in a Pound of *Linseed Oil* 'till it is dissolved. Anoint therewith.

272. *Inward Wounds.*

937. Infuse *Yarrow* twelve Hours in warm Water. Take a Cup of this four Times a Day. I.

273. *Putrid Wounds.*

938. Wash them Morning and Evening with warm Decoction of *Agrimony*. If they heal too soon, and a Matter gather underneath, apply a Poul-tis of the Leaves pounded, changing them once a Day 'till well.

274. *Wounded Tendons.*

939. Boil *Comfrey Roots* to a thick Mucilage, and apply this as a Poul-tis, changing it once a Day.

COLD.



COLD-BATHING

Cures Young Children of

CONVULSIONS,

Coughs,
Cutaneous Inflammations, Pimples, and Scabs,
Gravel,
Inflammations of the Ears, Navel or Mouth,
Rickets,
Suppression of Urine,
Vomiting,
Want of Sleep.

It prevents the Growth of Hereditary

Apoplexies,
Asthma's,
Blindness,
Consumptions,
Deafness,
Deliria,
Gout,
King's-Evil,
Melancholy,
Palsies,
Rheumatism,
Stone.

It

It cures every Nervous, † and every Paralytick Disorder : In particular,

The Asthma,
 Ague of every Sort,
 Atrophy,
 Blindness,*
 Cancer,
 Chin-cough,
 Coagulated Blood after Bruises,*
 Consumption,
 Convulsions,
 Coughs,
 Complication of Distempers,
 Convulsive Pains,*
 Deafness,*
 Dropsy,
 Epilepsy,
 Fluor Albus,
 Violent Fevers,
 Gout, (running)
 Hætick Fevers,
 Hemicrania,
 Hyfterick Pains,*
 Incubus,
 Inflammations,*
 Involuntary Stool, or Urine,*
 Lameness,
 (Old) Leprosy,
 Lethargy,
 Loss of Appetite,* of Smell,* Speech,* Taste,*
 Nephritick Pains,
 Palpitation of the Heart,
 Pain in the Back, Joints,* Stomach,
 Rheumatisms,*

† And this, I apprehend, accounts for its frequently curing the Bite of a mad Dog; especially if it be repeated for twenty-five or thirty Days successively.

Rupture,
 Suffocations,
 Sciatica,*
 Surfeits, (at the Beginning)
 Scorbutick Pains,*
 Swelling on the Joints,
 Stone in the Kidneys,
 Torpor of the Limbs, even when the Use of
 them is lost,
 Tetanus,
 Tympany,
 Vertigo,
 St. Vitus's Dance,
 Vigilia,
 Varicous Ulcers.

But in all Cases where the Nerves are obstructed, (such as are those marked thus*) you should go to Bed immediately after, and sweat.

'Tis often useful, to use the *Hot Bath* a few Days, before you use the *Cold*.

Wise Parents should dip their Children in cold Water every Morning, 'till they are three Quarters old; and afterward, their Hands and their Feet.

N. B. No Child should ever be swath'd tight. It lays the Foundation for many Diseases.——'Tis best to wean a Child at about seven Months old. They should lie in the Cradle at least a Year. No wise Parent should suffer a Child to drink any *Tea*; (at least, 'till it is ten or twelve Years old) or to taste Spice or Sugar. Milk, Milk-porridge, and Water-gruel are the proper Breakfasts for Children.

Washing

Washing the Head every Morning in cold Water, prevents Rheums, and cures Coughs, and Head-achs, and sore Eyes.

Water-drinking prevents

Apoplexies,
Asthma's,
Convulsions,
Gout,
Hysterick Fits,
Madness,
Palsies,
Stone,
Trembling.

To this Children should be bred up from their Cradles.

The best Water to drink, especially for those who are much troubled with the Wind, is Rain water. After it has settled, draw it off clear into another Vessel, and it will keep sweet for a long Time.

Electrifying in a proper Manner, cures

St. Anthony's Fire,
Blindness,
Blood extravasated,
Bronchocele,
Burns or Scalds,
Coldness in the Feet,
Contraction of the Limbs,
Cramp,
Deafness,
Falling-Sickness,

Feet violently disorder'd,
 Felons,
 Fistula Lacrymalis,
 Fits,
 Flooding,
 Ganglions,
 Gout,
 Head-ach,
 Inflammations,
 King's Evil,
 Knots in the Flesh,
 Lameness,
 Leprosy,
 Menstrual Obstructions,
 Pain in the Stomach,
 Palpitation of the Heart,
 Palsy,
 Rheumatism,
 Ring-Worms,
 Sciatica,
 Shingles,
 Sprain,
 Surfeit,
 Swellings of all Sorts,
 Throat sore,
 Tooth-ach,
 Ulcers,
 Wens.

Nor have I yet known one single Instance,
 wherein it has done Harm: So that I cannot but
 doubt the Veracity of those who have affirmed
 the contrary.

Fastig Spittle outwardly applied every Morning,
 as sometimes relieved, and sometimes cured
 Blindness,

Blindness.

Contracted Sinews, from a Cut,
Corns, (mixt with chew'd Bread and applied
every Morning)

Cuts, (fresh)

Deafness,

Eye-lids, red and inflamed,

Scorbutick Tetters,

Sore Legs,

Warts.

Taken inwardly, it relieves or cures

Asthma's,

Cancers,

Falling Sickness,

Gout,

Gravel,

King's Evil,

Leprosy,

Palsy,

Rheumatism,

Scurvy,

Stone,

Swelled Liver.

The best Way is, To eat about an Ounce of
hard Bread, or Sea-biscuit, every Morning; fast-
ing two or three Hours after. This should be done,
in stubborn Cases, for a Month or six Weeks.

F I N I S

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fast-
done,
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